

Shopping List and Equipment

Menu 111: Thai-Style Fish in Green Curry and Steamed Jasmine Rice

Ingredients

4 loins sustainably farmed/caught fish (tilapia, salmon, cod, halibut) 5 cloves peeled garlic, mashed 1 small onion, sliced 2 Tbsp coconut oil 1-2 tsp Thai green curry paste (Mae Ploy or Thai Kitchen brand), according to taste 1 can regular coconut milk (13.5 oz) 1-2 cups water or vegetable stock or chicken stock 1 medium tomato, sliced 1 cup white mushrooms, sliced 2 stalks lemongrass, white part only, sliced in 1-inch size, optional 1 cup green beans, fresh or frozen, sliced 1 carrot, cut thinly, diagonally 1/2 red bell pepper, sliced in strips 1 bok choy cabbage, leaves separated 1 cup okra, sliced (may be frozen), optional 1/2 red bell pepper, sliced in strips 2-3 kaffir lime leaves, optional 1/2 cup fresh cilantro leaves 1 Tbsp fish sauce, or adjust according to taste 1 lime or lemon, to drizzle right before serving	2 1/2 cups Jasmine Rice 3 cups water
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Equipment

Wok or large sauce pan with lid Mortar and pestle Medium sauce pan
