



WEEK 3

FRIDAY DINNER

Kathryn's Mango Fish Curry

2021 marks Kathryn Thomas's eleventh series of Operation Transformation. To mark the occasion, we are featuring her Fish Mango Curry on this year's Food Plan.

Serves 2 (each serving contains approximately 500 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

80g brown wholegrain rice
300ml light coconut milk
1 small mango (you'll need 100g)
1 yellow pepper
1 courgette
1 carrot
1 mild red chilli (optional)
2 garlic cloves

2.5cm piece fresh root ginger
1 lemongrass stalk
1 small onion
20g fresh coriander
1 lime
300g boneless and skinless hake fillets
2 teaspoons rapeseed oil (10g)
salt (optional) and freshly ground black pepper

Method

Meanwhile, rinse the rice in a sieve and put in a pan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes and then leave to sit for another 10 minutes for perfectly cooked rice.

Empty the coconut milk into a pan and stir while you bring to the boil, then reduce the heat to medium and cook for 10-15 minutes until reduced to 150ml in total.

Meanwhile, peel the mango and remove the stone, then cut into slivers. Remove the core from the yellow pepper and cut into bite-sized pieces. Trim the courgette and cut into batons. Peel the carrot and cut into slices on the diagonal. Set aside until needed.

Cut the chilli in half, if using and remove the seeds (if you don't like your curry too hot). Peel the garlic and ginger and roughly chop. Trim the lemongrass and peel away the tough outer layer and roughly chop. Cut the onion in half and roughly chop. Roughly chop the coriander (leaves and stalks). Grate the rind from the lime and squeeze out the juice.

Place the chilli (if using), garlic, ginger, lemongrass, onion and coriander in a mini blender (or if you don't have one you can just finely grate and chop by hand). Season lightly with salt (optional) and freshly ground black pepper. Blitz to a coarse paste.

On a clean chopping board, Cut the hake into bite-sized pieces.

Stir the curry paste into the reduced coconut mixture with the hake over a medium heat. Bring to a simmer, then reduce the heat and simmer very gently for 5 minutes. Stir in the mango and cook for another 2 minutes until the mango is tender and the fish is cooked through but still holding its shape. Test with a small sharp knife to see if it flakes easily.

While the fish is cooking, heat a wok or frying pan over a high heat. Add the oil and swirl up the sides then add the yellow pepper, courgette and carrot and stir-fry for 3-4 minutes until just tender but still with a little bite, adding a tablespoon of water if you think the vegetables are beginning to stick a bit to the pan. Season lightly with salt (optional) and freshly ground black pepper.

Fluff up the rice and spoon on to plates with the mango fish curry. Put the stir-fried vegetables in a separate bowl to serve.