

# Thai Green Curry

Serves: 4 Time: 25mins



This easy Thai Green curry uses lots of store- cupboard and freezer items so can be a good one when you are running low on fresh ingredients

## Ingredients

- 1 x tin of light coconut milk
- 1 tbsp of Thai green curry paste
- 4 x frozen fillets of white fish (defrosted)
- 4 x nests of egg noodles
- 1 x pepper and sugar snap peas
- Olive oil, salt & pepper and lemon

## Method

- 1) Add a little olive oil to a pan and heat then add the sliced pepper and sugar snap peas and heat for 5 mins until they start to soften
- 2) Add the tin of coconut milk and turn to a medium heat, then add the thai green curry paste
- 3) Continue to heat for 10 mins until the sauce has started to reduce then add the fish and heat for a further 10 mins
- 4) Meanwhile add the noodles to a pan of boiling water and boil for 3-4 mins
- 5) Split noodles into 4 then serve curry on top

**Nutritional information: 320 Calories, 9g fat, 44g carbohydrate, 17g protein**

### Extra tips:

If you can't find the veg you want improvise with the veg available

Taste as you go along and if it needs more if its needs more flavour add some more paste or a little salt & pepper.