

## Low FODMAP fish curry with soothing spices

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*This is a great curry to make if you have a sensitive gut because it contains all the soothing spices and Low FODMAP vegetables that should not trigger symptoms.*

*It makes use of the green parts of leeks/ spring onions and garlic oil which make the curry taste good. Ginger and turmeric are gentle on the gut and so too is fish as it is low in fat.*

*Serve with some boiled rice and you should really enjoy eating this soothing, fragrant curry.*



### Ingredients

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#### Serves 4

- a drizzle of vegetable oil - about 2 tbsp
- 1 clove of garlic, sliced
- 1 red pepper, deseeded and very finely sliced
- green parts of 4 young leeks/ or spring onions, finely chopped
- 2 tsp whole coriander seeds, roasted lightly and then ground
- 1 tbsp whole cumin seeds, roasted lightly and then, ground
- 1 tsp ground turmeric
- a walnut sized piece of fresh ginger peeled and finely grated
- 10 cherry tomatoes, roughly cut into quarters
- 1 stick of lemongrass, very finely chopped (optional)
- 165 mls coconut milk (a small can)
- 1 tbsp fresh lemon or lime juice
- 1 tsp miso paste dissolved in a little hot water (optional - you can just add a little water)
- a dash of fish sauce (optional)
- salt and pepper
- 400g white fish, cut into small chunks or a mix of white fish and prawns (or chicken breast can be substituted for fish)
- a handful of fresh baby spinach leaves

#### To serve

- 1 tbsp fresh coriander, chopped

## Method

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Drizzle the vegetable oil in a wok or large frying pan and gently fry the garlic slices until they begin to brown and then discard. Add the chopped green leek leaves to the garlic flavoured oil and sweat these until they are soft but not discoloured.

Add the ground coriander, cumin and turmeric and ginger to the pan and cook gently for a minute. Add the chopped tomatoes and the lemongrass, if using followed by the coconut milk and kaffir lime leaves.

Mix the ingredients together well and allow to simmer gently for about 10 minutes (during which time you can cook some Basmati rice which takes about 12 minutes to cook).

Taste the sauce and adjust the seasoning by adding a little lemon juice, pinch of sugar, salt and pepper. Add a splash of fish sauce too if you want to add more flavour to the curry.

If your curry needs a little more liquid add a little water or miso paste and stir well. You are then ready to add fish or chicken to the sauce. If using fish or prawns allow 6-8 minutes to cook at a simmer. Chicken will take about 12 minutes and make sure the simmer is lively as chicken needs to be cooked well for it to be safe to eat.

Serve your curry with rice, strewn with a little chopped coriander and spices to decorate the rice. Serve with wilted spinach, okra or courgette.