



Cambodian Fish Amok

supremely delicate flavour



25 MIN



SERVES 2



NET CARB
9 g/serving



Main dish

- 225g (1 cup) firm white fish, cut in small chunks
- 1 tbsp coconut oil
- 1 tbsp fish sauce
- 2 star anise
- 1 kaffir lime leaf, chopped
- 225 ml (1 cup) coconut cream (can)
- 1 egg, beaten lightly
- handful of coriander, chopped
- 225g (1 cup) spinach
- 1 tbsp olive oil
- salt; lemon or lime, quartered

Curry paste

- 2 lemongrass stalks, chopped
- 1 clove garlic, chopped
- 15g (1 tbsp) shallots, chopped
- 1 tsp turmeric
- ½ tsp dried red chillies
- 1 cm (½ inch) ginger, chopped
- 1 kaffir lime leaf, chopped
- 30g (2 tbsp) pine nuts

- 1 Make the curry paste: place lemongrass, garlic, shallots, turmeric, red chilli, ginger, kaffir lime leaf, pine nuts, salt and 3 tbsp coconut cream into a food processor.
- 2 Blend until smooth.
- 3 Heat coconut oil in a frying pan, add the curry paste and fry gently for 2 min.
- 4 Stir continuously.
- 5 Add fish sauce, salt, star anise, kaffir lime leaf and the rest of the coconut milk.
- 6 Remove from heat and, when cool, stir in beaten egg.
- 7 Add fish and herbs.
- 8 Cook on very low heat for 12 to 15 min until the custard is just set and the fish is cooked.
- 9 In a separate pan, fry spinach in olive oil.
- 10 Add 1 tbsp water and steam for 1 min.
- 11 Season with salt.
- 12 Serve fish with spinach on the side and garnish with lemon or lime quarters.