

Coconut Thai Curry Alaska Pollock with Brown Jasmine Rice



Preparation Time: 10 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients:

Alaska Pollock:

- 1 pound Alaska pollock

Yellow Curry with Vegetables:

- 1 tsp. canola oil
- 2 tsp. Thai yellow curry paste
- 1/2 cup coconut milk
- 1/3 cup onions, thin-sliced
- 1/3 cup carrots, thin-sliced
- 1/3 cup cut green beans
- 1/3 cup red bell pepper, diced
- 1 Tbsp. lime juice
- 1/4 tsp. sugar

Jasmine Brown Rice:

- 4 cups cooked Jasmine brown rice, kept warm
- 1/4 cup Thai basil, chiffonade

Description:

Alaska Pollock:

Preheat oven to 400oF. Rinse any ice glaze from frozen Alaska pollock, pat dry. Place in a spray-coated baking dish/pan, and tightly cover with foil. Bake for 15 minutes or just until fish is opaque throughout.

Curry:

To a saucepan over medium heat, add canola oil and curry paste. Fry paste about 2 minutes. Whisk in coconut milk, then add onions, carrots, and green beans. Simmer covered for 5 minutes; add bell pepper and simmer 2 minutes. Stir in lime juice and sugar. Pour the yellow curry with vegetables over cooked fish. Break up until the sauce is evenly distributed, but keeping fish chunky. Keep warm.

To Serve:

Place 1 scoop of rice into a bowl. Top with 1 cup of the Alaska pollock and vegetables. Sprinkle basil over curry.

Wine Pairing: H3 Chardonnay

This elegant, medium-bodied Chardonnay opens with aromas of spiced pear and freshly sliced apples with notes of blossoms and honey. Hints of toasty coconut join flavors of white orchard fruits, pineapple, grapefruit and sweet oak, ending with lengthy finish of creamy vanilla. White wine is always a great compliment to many white fish varieties, since it doesn't have harsh tannins to overpower the food. In this instance, the nice light citrus flavors of the wine complement the more savory flavors and hint of sweet coconut found in the dish.