

Goodwin House Chilean Sea Bass with Thai Green Curry

Servings: 4

Ingredients

- 2 Tbs. of green curry paste (can use store bought or the recipe on the next page)
- One 13-ounce can of full-fat coconut milk
- 2 lime leaves
- 3 Tbs. olive oil
- 4 cups of vegetables: e.g. thinly sliced red pepper, broccoli florets, thinly sliced carrots, peas and spinach
- Toasted cashews
- 1 lime
- 1 lb. of sea bass, cut into 4 oz. filets
- Salt & pepper to taste
- 2 cups of cooked jasmine rice (or preferred grain)

Instructions

1. Steam or sauté vegetables until desired tenderness. Set aside.
2. Heat curry paste with 1 tablespoon of olive oil in a skillet until fragrant. Add coconut milk and lime leaves. Simmer for 10 minutes.
3. Season seabass with salt and pepper. In a preheated, lightly oiled skillet, sear seabass on medium heat for 4 minutes on each side. Remove and let rest on a plate.
4. Serve 1/2 cup of rice (or grain of choice) topped with seabass filet, 1 cup of vegetables and about 1/2 cup of green curry sauce.
5. Optional: top with cilantro, chopped Thai chilies and toasted cashews.



Thai Green Curry Paste

Ingredients

- 1/2 cup basil leaves
- 1/2 cup cilantro leaves
- 2 Thai chilis
- 4 garlic cloves
- 1 stalk of lemongrass
- 1 shallot
- 1 small knob of ginger
- 2 tablespoons lime juice
- 1 tsp brown sugar
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp white pepper
- 1/4 cup oil

Instructions:

1. Rough chop the ginger, garlic, lemongrass and shallot. Place in food processor.
2. Add remaining ingredients and process until smooth.
3. Store in the refrigerator for up to 10 days or freeze for up to 1 month.

