

THAI RED CURRY AQUNA COD



Life tastes better our way.



AQUNA
Sustainable Murray Cod



INGREDIENTS

FISH

2 x 500g Aquana cod fillets (skin off)

CURRY

230g jar of good quality

Thai Laksa paste

2 tbsp vegetable oil

2 x large eggplant, cut into
2cm cubes

50g fingerroot, sliced thinly

*substitute for ginger if unavailable

10 x large basil leaves

¼ cup coriander leaves

6 kaffir lime leaves

4 x red chillies, sliced

2 tbsp fish sauce

2 tbsp sugar

1 – 1.5 litres of water

PREP: 30 minutes

COOK: 15 minutes

SERVES: 4 people

DIFFICULTY: easy

METHOD

FISH

Slice Aquana cod fillets into 5cm pieces

CURRY

1. In a large wok, heat the curry paste with vegetable oil until fragrant.
2. Add water and season with fish sauce and sugar.
3. Bring to the boil and add eggplant and fingerroot, simmer for 2 – 3 minutes.
4. Add fish pieces and simmer until fish is cooked.
5. Add basil, kaffir lime leaves, red chilli slices and half of the coriander leaves.
6. Serve and garnish with the remainder of the coriander.



P: +61 269 625 470

W: WWW.AQUNA.COM

RECIPE #7



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