THAI · DINNER

Thai Yellow Fish Curry with Zucchini and Bok Choy

20 min · Serves 3 · 357 kcal a serve · Video 5:39 · HK's Keto & Low Carb Recipes

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

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A quick fish curry thickened with grated zucchini rather than starch: about 31 g protein and about 5 g net carbs a serve, and rich in selenium and vitamin B12.

Diet notes: Keto (5.2 g net carbs a serve).

Ingredients

8 · SERVES 3

- [ ] 1 tbsp **coconut oil**
- [ ] 30 g **Thai yellow curry paste** (store-bought)
- [ ] 250 ml **coconut milk**
- [ ] 200 g **zucchini**, grated
- [ ] 100 g **bok choy**
- [ ] 450 g **firm white fish**, cut into chunks
- [ ] **salt** to taste
- [ ] **fresh coriander**, to garnish

Contains: Crustacea, Fish. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the coconut oil in a wok and fry the yellow curry paste for about a minute until fragrant. 1:16
2. Add about 50 ml of the coconut milk to make a curry base, then stir in the grated zucchini and cook for a minute so it melts into the sauce and thickens it. 1:41
3. Add the bok choy and stir-fry briefly, then pour in the rest of the coconut milk and simmer 3–5 minutes. 2:14
4. Add the fish pieces and simmer gently about 5 minutes, just until cooked through; don't overcook. Taste and add salt if needed. 2:41
5. Garnish with coriander and serve. 3:09

> **Tip** Serve with cauliflower rice to keep it keto, or jasmine rice. Any firm fish works; the cook used a local white fish. Curry pastes vary in carbs, so check the label.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
357 kcal	**31** g	**6.6** g	**1.3** g	**24** g	**740** mg
1,500 kJ	61% of a day	5.2 g net · 2.6 g sugars 2% of a day	5% of a day	20 g saturated 31% of a day	32% of a day

Energy from net carbs 6% · protein 34% · fat 60% — fits keto: 5.2 g net carbs, 60% of the energy from fat

High in (20%+ of a day) Selenium 92% · Vitamin B12 55% · Vitamin C 34% · Vitamin B6 33% · Magnesium 24% · Iron 23% · Vitamin K 20%

Source of (10–19%) Omega-3 19% · Potassium 16% · Folate 15% · Zinc 14% · Vitamin A 13%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=Hf7YtDgpqJg, published 21 January 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/thai-yellow-fish-curry-zucchini