

COCONUT GREEN CURRY HALIBUT STEW

Ingredients

1 lb halibut, skin removed
2 shallots, sliced
2 TBS olive oil
3 TBS green curry paste
 $\frac{3}{4}$ C chicken stock
1 15-ounce can light coconut milk (shake well before opening)
2 C corn (frozen or fresh)
1 C wild rice (I used a frozen rice blend from Engine 9, found at Whole Foods, but any rice will do). If you don't choose frozen rice, then it should already be cooked.
juice of 1 lime
1 jalapeno, seeded and diced

Instructions

Heat a large pan over medium-high and heat the olive oil. Add in shallots and curry paste, stirring frequently, for about 8 minutes, or until the shallots soften.

Add in broth and coconut milk, stirring and bringing to a low simmer. Once simmering, add in the corn, stirring to combine. If you are using frozen rice, add this in now, otherwise wait until the end.

Place the raw halibut on top of the corn mixture, spooning some of the broth over the fish.

Cover the pan and let that simmer for another 8-10 minutes, or until the fish turns white and is cooked through.

Once the fish is done, gently break the fish apart into smaller pieces, and if you are using non-frozen rice, add the rice in now.

Stir in the lime juice. It should be a thick stew at this point, but add more chicken stock if you prefer a lighter stew.

Season with salt and pepper to taste, and serve with diced jalapeño as a garnish.