

# Fish Braised in Green Curry with Potatoes

Rating: ★★★★★

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 4 Servings

This flavorful recipe gets its unique, trendy flavor from convenient, canned coconut milk and curry paste. The low-sodium chicken broth helps keep the sodium down -- and the flavor up.

## Ingredients

- 1 1/2 pounds** fish fillets (flounder salmon or other mild fish)
- coarsely ground black pepper, to taste
- 1 tablespoon** olive oil
- 1 can** sliced potatoes (drained)
- 1 can** low-sodium chicken broth
- 1 teaspoon** garlic (chopped)
- 1 cup** canned, light coconut milk
- 2/3 tablespoon** Thai green curry paste
- 2 tablespoons** chopped parsley (optional)

## Directions

1. Season fish fillets with pepper.
2. Heat oil in a large skillet and brown fish on both sides.
3. Add potatoes, broth and garlic to the skillet.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	310	
Total Fat	10 g	15%
Protein	38 g	
Carbohydrates	19 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	2.5 g	13%
Sodium	410 mg	17%

## MyPlate Food Groups

Vegetables	1/2 cup
Protein Foods	4 ounces

4. Simmer until the fish flakes with gentle pressure and internal temperature registers 145°F on a food thermometer, about 5 minutes.
5. Transfer fish and potatoes to a warm platter.
6. Over high heat, reduce liquid in the pan by about half.
7. Stir in coconut milk and curry paste.
8. Simmer until lightly thickened.
9. Stir in parsley and pour over fish and potatoes.

## Notes

Use whatever type of fish are on sale or at best price.  
Check prices of frozen fish fillets.

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