

# wineXpert™ LE20



## COCONUT CURRY POACHED COD

Channel your inner chef with this deceptively easy yet delicious recipe, then pour a glass of chilled Torrontes Muscat and toast your culinary prowess!

PAIR WITH: **WINEXPERT™ LE20 TORRONTES MUSCAT**

Yield: 4 servings

### INGREDIENTS:

1 can (400 mL) coconut milk  
1/2 cup diced red bell pepper  
2 tbsp lime or lemon juice  
2 tbsp fish sauce or soy sauce  
1 tbsp honey  
1 tbsp Thai green curry paste  
1 large clove garlic, minced  
Pinch chili flakes (or to taste)  
1 lb. cod, cut into 4 chunks  
Hot cooked jasmine or long grain rice  
Steamed green beans  
Torn fresh mint, basil and/or coriander leaves

### METHOD:

Combine coconut milk, bell pepper, lime juice, fish sauce, honey, curry paste, garlic and chili flakes in a deep skillet set over medium heat. Bring to a gentle boil and simmer for 5 minutes.

Add fish to skillet; spoon some of the cooking liquid over fish. Cover and reduce heat to medium-low. Simmer for 5 to 6 minutes or until fish flakes when tested with a fork.

Carefully remove fish with a slotted spoon and serve over bowls of rice and green beans. Spoon some of the flavourful cooking liquid over the fish and rice to taste. Garnish with fresh herbs.



### TIPS:

- For extra heat, replace the bell pepper with a diced red chili pepper.
- For low carb eaters, this dish is delicious served over cauliflower rice.
- Don't waste the poaching liquid. Any extra not spooned over the dish can be cooled and reserved in the refrigerator for up to 2 days. Transform the leftovers into a soup by adding broth, frozen Asian-style vegetables and shrimp or cubed tofu.