

Coconut Lime Fish Curry with Jasmine Rice - Light, Creamy, and Naturally Gluten-Free

When you want a comforting meal without compromising on clean ingredients, this



COCONUT LIME FISH CURRY
WITH JASMINE RICE

TIME
30 min

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INGREDIENTS

For the Curry:

2 white fish fillets (cod, tilapia, or halibut)

1 can (13.5 oz) coconut milk

1 tbsp coconut oil

1 small onion, finely chopped

2 garlic cloves, minced

1-inch piece fresh ginger, grated

1 tsp turmeric

1 tsp curry powder

$\frac{1}{8}$ tsp cumin

$\frac{1}{8}$ tsp chili flakes (optional)

Zest and juice of 1 lime

$\frac{1}{2}$ cup diced tomatoes (fresh or canned, no sugar added)

$\frac{1}{4}$ cup chopped cilantro

Salt & pepper, to taste

For Serving:

1 cup cooked jasmine rice

Step-by-Step Instructions:

1 Cook the Rice:

2 SautØ the Aromatics:

3 Build the Flavor:

4 Add Coconut Milk & Tomatoes:

5 Cook the Fish:

6 Finish & Serve:

Tips for Success:

Use full-fat coconut milk for a richer curry.

Don't overcook the fish-once it flakes, it's done!

Want more veggies? Add chopped spinach, green beans, or bell peppers to the simmering sauce.

Swap jasmine rice with cauliflower rice for a lower-carb option.

Serving Suggestions & Pairings:

Pair with Light Tangy Chicken Salad for a fresh side

Sip on a glass of Blueberry Lemonade to balance the spice

Keep snacks healthy with No-Bake Monster Cookie Energy Balls for dessert or a post-dinner treat

Serve as part of a weeknight dinner with Easy Turkey Wings if feeding a larger group

Storage & Make-Ahead Tips:

DIRECTIONS

1. **Cook the Rice:** Cook jasmine rice according to package directions and set aside.
2. **Sautø the Aromatics:** In a large pan, heat coconut oil over medium heat. Add the chopped onion and sautø until soft and translucent, about 3-4 minutes. Stir in garlic and ginger, cooking for another 30 seconds until fragrant.
3. **Build the Flavor:** Add turmeric, curry powder, cumin, and chili flakes if using. Stir and toast the spices for about 30 seconds to release their aromas.
4. **Add Coconut Milk & Tomatoes:** Pour in the coconut milk, lime zest, lime juice, and diced tomatoes. Stir to combine and bring to a gentle simmer.
5. **Cook the Fish:** Carefully nestle the fish fillets into the curry sauce. Cover and simmer for 8-10 minutes, or until the fish is cooked through and flakes easily with a fork.
6. **Finish & Serve:** Taste and adjust salt and pepper as needed. Sprinkle with fresh cilantro and serve over warm jasmine rice. Add extra lime wedges for brightness, if desired.
7. **Tips for Success:** Use full-fat coconut milk for a richer curry.
8. **Don't overcook the fish-once it flakes, it's done!**
9. **Want more veggies?** Add chopped spinach, green beans, or bell peppers to the simmering sauce.
10. **Swap jasmine rice with cauliflower rice for a lower-carb option.**
11. **Serving Suggestions & Pairings:** This curry is flavorful on its own but can be part of a bigger, healthful meal:

12. Pair with : Light Tangy Chicken Salad for a fresh side
13. Sip on a glass of : Blueberry Lemonade to balance the spice
14. Keep snacks healthy with : No-Bake Monster Cookie Energy Balls for dessert or a post-dinner treat
15. Serve as part of a weeknight dinner with : Easy Turkey Wings if feeding a larger group
16. Storage & Make-Ahead Tips: Fridge: Store leftovers in an airtight container for up to 3 days.
17. Freezer: Freeze curry (without rice) for up to 2 months. Thaw in fridge before reheating.
18. Reheat: Gently warm in a skillet over low heat, adding a splash of coconut milk if needed.
19. More Clean & Flavorful Recipes You'll Love: If you're into wholesome dishes that don't compromise on taste, try:
 20. Tangy : Chicken Salad - bright and mayo-free
 21. Blueberry : Lemonade - perfect for pairing
 22. No-Bake : Monster Cookie Energy Balls - a nourishing snack to keep in the fridge
 23. One-: Pan Breakfast Bake - great for meal prep
24. Final Thoughts: This Coconut Lime Fish Curry with Jasmine Rice is proof that healthy, sugar-free meals can still be incredibly satisfying. It's creamy, comforting, and full of bold flavor-all made in one pan, with ingredients that nourish. Whether you're eating clean, avoiding flour and sugar, or just love a good curry, this dish is a weeknight win.
25. Tried it? Share your bowl and tag your flavor moment! And don't forget to follow along at ChefManiac for more globally inspired, healthful recipes.

TIPS FOR SUCCESS

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Don't overcook the fish-once it flakes, it's done!

Add chopped spinach, green beans, or bell peppers to the simmering sauce.

Swap jasmine rice with cauliflower rice for a lower-carb option.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/coconut-lime-fish-curry-with-jasmine-rice-light-creamy-and-naturally-gluten-free/>