

Flavorful Coconut Fish Curry: Quick Weeknight Dinner Recipe

Coconut Fish Curry with Lime and Lemongrass: A Taste of the Tropics



TIME
20 min

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INGREDIENTS

500g (1 lb) white fish fillets (like cod, snapper, or halibut), cut into 1-inch chunks
1 tablespoon oil (vegetable, coconut, or olive oil)
1 medium onion, sliced
2 garlic cloves, minced
1 tablespoon grated ginger (fresh is best)
1 stalk lemongrass, smashed (see notes)
1 tablespoon red curry paste (adjust to your spice preference)
1 can (400ml/13.5 oz) coconut milk (full-fat recommended for creaminess)
Juice of 1 lime (about 2 tablespoons)
Salt and pepper, to taste
Fresh cilantro, chopped (for garnish)

DIRECTIONS

1. Let's get cooking this aromatic : Coconut Fish Curry with Lime and Lemongrass:
2. Prep : Aromatics: Heat 1 tablespoon oil in a large pan or Dutch oven over medium heat. Add the sliced onion, minced garlic, and grated ginger. Cook, stirring occasionally, until the onion is soft and translucent, about 3-4 minutes.
3. Add : Lemongrass & Curry Paste: Add the smashed lemongrass stalk and red curry paste to the pan. Cook for 1 minute, stirring constantly, until the curry paste is fragrant. This "blooming" of the paste helps to deepen its flavor.
4. Simmer : Coconut Milk: Pour in the can of coconut milk. Stir well to combine the curry paste with the coconut milk. Bring the mixture to a gentle simmer, stirring occasionally.
5. Add : Fish: Once the curry base is simmering, carefully add the fish chunks to the pan. Submerge them gently in the liquid. Cook gently for 6-8 minutes, stirring minimally, until the fish is cooked through and flakes easily with a fork. Be careful not to overcook the fish, or it will become tough.
6. Finish & : Season: Remove the lemongrass stalk before serving. Stir in the juice of 1 lime. Season the curry with salt and pepper to taste. Adjust as needed - you might want more lime for tang, or more salt for balance.
7. Garnish & : Serve: Ladle the hot Coconut Fish Curry into bowls. Garnish generously with fresh chopped cilantro. Serve hot with a side of fluffy rice.

SWAPS & NOTES

Choose a firm white fish that won't fall apart easily.

This releases its essential oils and fragrance.

Lemongrass: To smash lemongrass, use the back of a knife or a rolling pin to bruise the lower, thicker part of the stalk.

You can also buy pre-minced lemongrass if fresh is unavailable, but it might not be as potent.

TIPS FOR SUCCESS

Prep Ahead: Have all your ingredients prepped and ready before you start cooking.

Don't Overcook Fish: Fish cooks very fast in a hot liquid.

Keep an eye on it to ensure it remains tender and flaky.

Bruise Lemongrass: Smashing the lemongrass stalk releases its essential oils, infusing the curry with its distinct aroma.

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