

Haddock green curry traybake

Thai-flavoured curry meets roasting tin classic for a super-fragrant and easy seasonal win

Serves 4

Prepare 15 minutes

Cook 35 minutes

- 190g jar Cooks' Ingredients Thai Green Paste
- 160ml can Essential Coconut Cream
- 2 x 240g packs Icelandic haddock fillets
- 2 unwaxed limes, juice of 1 plus wedges
- 1kg Maris Piper potatoes, peeled
- 1 tbsp vegetable oil
- 2 Essential Leeks, trimmed and sliced into rounds
- 2 tbsp coconut oil
- 1 tsp Cooks' Ingredients Nam Pla Fish Sauce
- ½ x 20g Thai basil, leaves torn
- Handful roasted peanuts, crushed, to serve

01_ Preheat the oven to 200°C, gas mark 6. Mix the Thai green paste and coconut cream together in a bowl. Slather half over the fish fillets, squeeze over the lime juice, then leave to marinate.

02_ Slice the potatoes into 1cm discs, toss with the vegetable oil and spread out on a large baking tray. Bake for 15 minutes.

03_ Meanwhile, in a sauté pan or wok, soften the leeks in 1 tbsp coconut oil for 4-5 minutes, then add the remaining Thai paste and coconut cream mixture with 125ml water to loosen. Stir in the fish sauce.

04_ Remove the potatoes from the oven, pour over the leeks, then place the fish fillets on top. Dot the remaining coconut oil over the fish and bake for 20 minutes more, until the potatoes are tender and the fish is cooked through, opaque and flakes easily with a fork. Top with the Thai basil and peanuts, then serve with lime wedges.

Per serving 2455kJ/587kcal/27.1g fat/15.5g sat fat/49.9g carbs/8.9g sugars/10.1g fibre/30.7g protein/1.7g salt/gluten free

Simple swaps:

If you prefer chicken, butterfly 4 breast fillets, marinate and use as above, making sure they're cooked through with no pink meat and juices that run clear.