



Fish & Vegetable Curry

400g (14oz) white fish fillets, cut into thick slices

400g coconut milk

2tbs red curry paste

2 carrots, cut into thin strips

2 cups red cabbage, thinly sliced

Fresh coriander

Place coconut milk and red curry paste into a pan on medium heat for 2 minutes, stirring until combined.

Add fish, carrots and red cabbage. Cover and simmer for 4-5 minutes, or until fish has cooked.

Serve with fresh coriander leaves.



Nikki Young is the author of [The Paleo Cookbooks](#). As director of a successful personal training business for a number years and holding a strong passion for paleo eating, she has helped many clients improve their health. Nikki also runs a personal blog, writing articles on the importance of living a healthy lifestyle.