SIMPLE FISH CURRY

Serves 4 / Prep time: 10 minutes / Cook time: 25 minutes

KETO QUOTIENT

DAIRY FREE
GLUTEN FREE
NUT FREE

Curry is a sauce-based recipe originating in India and adapted by many cultures. The ubiquitous spice mixture often contains a multitude of ingredients, such as cumin, coriander, turmeric, ginger, cloves, paprika, and cinnamon. It's adapted so well to many cuisines because no matter the ingredients used—vegetables, meats, fish, eggs, butter, coconut—the spices bring the dish together beautifully.

- 2 tablespoons coconut oil
- 1½ tablespoons grated fresh ginger
- 2 teaspoons minced garlic
- 1 tablespoon curry powder
- ½ teaspoon ground cumin
- 2 cups coconut milk
- 16 ounces firm white fish, cut into 1-inch chunks
- 1 cup shredded kale
- 2 tablespoons chopped cilantro

1. Place a large saucepan over medium heat and melt the coconut oil.
2. Sauté the ginger and garlic until lightly browned, about 2 minutes.
3. Stir in the curry powder and cumin and sauté until very fragrant, about 2 minutes.
4. Stir in the coconut milk and bring the liquid to a boil.
5. Reduce the heat to low and simmer for about 5 minutes to infuse the milk with the spices.
6. Add the fish and cook until the fish is cooked through, about 10 minutes.
7. Stir in the kale and cilantro and simmer until wilted, about 2 minutes.
8. Serve.

PER SERVING Calories: 416; Fat: 31g; Protein: 26g; Carbs: 5g; Fiber: 1g; Net Carbs: 4g; Fat 70%/Protein 24%/Carbs 6%