



MONKFISH CURRY

*MALABAR MONKFISH & KING PRAWN CURRY,
TOASTED COCONUT & STEAMED RICE*

#FORAGEFAVOURITES

Re-create one of our Fig & Olive classics - Malabar Monkfish & King Prawn Curry for yourself. Handmade in our on site restaurant's kitchen you can enjoy a fine dining experience from the comfort of your own home.



Ingredients:

Serves: 2

1 Monkfish Curry (handmade by our chefs at The Fig & Olive)

1 Small Bag of Rice

1 Lime

400g Tin of Coconut milk

1 Bag of desiccated coconut
salt and pepper to season

To Cook:

Remove the lid on the premade Monkfish Curry, place in the oven for 25 - 30 minutes until cooked through.

Wash two cups full of rice until free from starch. Add equal volumes of rice and water to a pan. Then add the tin of coconut milk, and cook until soft and fluffy. Press the sticky rice into cup, be careful as it will be hot. Place the bowl upside down on a plate and lift gently to create a dome.

Weigh out 30g of desiccated coconut, place it in a dry frying pan, fry under a low heat until flakes start to colour and become golden brown. Remove from heat and garnish your dish to finish alongside half a lime.

Chefs Tips:

Try chargrilling the lime before serving for the perfect finishing touch if you're looking to impress

If you like why not try with cod or hake (available via The Fresh Fish Shop at Forage).

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