Coconut Curry Monkfish Stew

Servings: 4

Ingredients:

1 1/2 pounds Monkfish, cut into 1" chunks (tailmeat, remove bone/membrane)
2 Tbsp Soybean Oil
1 Onion, diced fine
1 Red Bell Pepper, seeded, diced fine
1Tbsp Garlic, minced
1 Tbsp Ginger Paste
1 Tbsp Lemongrass Paste
2 Tbsp Green Curry Paste (Mild, such as "Thai Kitchen" brand)
1 Can Coconut milk
1 tsp Fish Base
1 Thai Chili (you can substitute with hot chili paste or red pepper flakes)
6-8 Thai Basil Leaves, chopped chiffonade (you can substitute with basil)
1/4 Cup Cilantro Leaves, chopped fine
1 lime, juiced
Salt & Pepper to taste

Method:

1.Heat oil in a large pan over medium-high heat. When oil shimmers, add onion and pepper. Cook, stirring occasionally, until vegetables are soft, 6 to 8 minutes.

2. Add garlic, lemongrass, ginger, curry paste; saute until brown and fragrant.

3. Add coconut milk, lime juice and fish base; bring to a simmer.

4. Add monkfish; cook in simmering stew for 5-6 minutes (145f internal temp).

5. Finish with basil, cilantro and enough thai chili for desired heat.