

Curried Fish Stew

Curry is one of my favorite flavors, especially when paired with coconut milk. It's sweet and spicy and creamy, and perfect for a cold day. I make a lot of different curries in the fall and winter, using different proteins and seasonings, but the Curry spice blend I got from Ava Jane's Kitchen is one of my favorites. It's an easy way to pack a lot of flavor into a dish without having to measure a dozen different spices.

This soup gets its heat from three different sources — it starts off with jalapeño peppers that are sautéed with onions in the beginning, with the curry coming next. Then, when you're ready to serve, it's sprinkled with a touch of Hot Roasted Garlic seasoning, for an extra depth of flavor that is surprising in the best way possible.

Besides being delicious, my favorite thing about this stew is that it is super nutritious. Loaded with veggies, white fish, and coconut milk, it's Paleo and Keto friendly, and the spices add a boost of antioxidants. It's also dairy-free, but a spoonful of yogurt as a garnish is good for helping to tame the heat.

I used cod here, but any white fish you like will work, or sub shrimp or even cooked chicken. You can also use whatever veggies you like, so experiment and enjoy!

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Serves 4-6

Prep time: 30 minutes

Ingredients:

- 2 tablespoons Ava Jane's Kitchen Avocado Oil
- 1 onion, diced
- 1 jalapeño pepper, minced
- 2 cloves garlic, minced
- 1 tablespoon Ava Jane's Kitchen Curry seasoning blend
- 1 cup chopped cauliflower
- 4 cups chopped spinach
- 2 cups chicken broth or water
- 1 cup full-fat coconut milk
- 1 pound white fish, cut into chunks
- Juice of 1 lime
- 1/2 cup fresh chopped cilantro

To serve: Hot Roasted Garlic seasoning blend, coconut flakes, chopped cilantro

Directions:

In a Dutch oven, heat the oil over medium heat. Add the onion and pepper and cook until soft. Add the garlic and Curry and stir and cook for about a minute.

Add the cauliflower and spinach, stir and cook for another minute, and add the broth. Bring to a boil and reduce to a simmer. Simmer for about 5 minutes, until cauliflower is soft.

Add the coconut milk and simmer for 2-3 minutes and add the fish. Simmer until fish is cooked through and stir in the lime juice and cilantro.

Serve sprinkled with a bit of Hot Roasted Garlic seasoning, and any additional toppings you like.