

Coconut Curry Cod

2 servings

Ingredients

- 15 g olive oil
- 1 medium red bell pepper, sliced
- 2 Japanese ピーマン, sliced
- 100 g maitake or shimeji mushrooms
- 120 g onion, sliced
- ½ tsp salt + MSG blend (≈3 g)
- ¼ tsp black pepper
- 3 tsp Jamaican-style Curry Substitute (see below)
- 6 g garlic (2 cloves), minced
- 12 g fresh ginger, grated (1 T)
- 300 g fresh cod, cut into large chunks
- 400 ml coconut milk
- ½ tsp sugar
- ½ tsp fish sauce
- ½ lime, juice to taste
- 2 scallions, thinly sliced (optional)
- Cilantro (optional)



Instructions

1. Heat **olive oil** in a wide saucepan over **medium heat**.
2. Add **onion, red bell pepper, ピーマン, and mushrooms**. **Cook 4–5 minutes** until softened. Season with **salt+MSG** and **black pepper**.
3. Add **Jamaican-style curry substitute** and **toast 30–45 seconds**, stirring constantly.
4. Add **garlic** and **ginger**; **cook 30 seconds** until fragrant.
5. Pour in **coconut milk**, then add **sugar** and **fish sauce**. Bring to a **gentle simmer**.
6. Nestle **cod** pieces into the sauce. Cover and **simmer 10–12 minutes** until the fish is just flaky.
7. Taste and adjust seasoning. Finish with **lime juice**.
8. Garnish with **scallions** and **cilantro** if using. Serve hot with **rice** or **quinoa**.

Jamaican-style Curry Substitute

- 2 tsp regular curry powder
 - ½ tsp ground allspice
 - ½ tsp ground turmeric
 - ¼ tsp ground cumin
 - ¼ tsp ground coriander
 - Pinch cayenne (optional)
- Mix all spices together before using.

Nutrition (Approximate)

Per serving:

Kcal: 560 | Protein: 34 g | Fat: 40 g | Sat. Fat: 29 g | Carbs: 22 g | Sugars: 7 g |
Fiber: 5 g | Sodium: ~780 mg | Omega-3: 0.6 g

Whole dish:

Kcal: 1120 | Protein: 68 g | Fat: 80 g | Sat. Fat: 58 g | Carbs: 44 g | Sugars: 14 g |
Fiber: 10 g | Sodium: ~1560 mg | Omega-3: 1.2 g