

Roasted Halibut Curry

This recipe was created by Lucy Waverman. It would be wonderful served with sugar snap peas and some basmati or jasmine rice on the side.

2 tablespoons vegetable oil
4 plum tomatoes, chopped into 1 inch dice
1 tablespoon Thai red curry paste
1 tablespoon lime juice
1 teaspoon sugar
1 cup coconut milk
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh mint
Salt and freshly ground black pepper
1 ½ pounds halibut

1. Preheat oven to 450 degrees F. Heat oil in ovenproof skillet over high heat. Add tomatoes and cook until beginning to wilt, about 1-2 minutes. Stir in curry paste, lime juice, sugar and coconut milk and bring to a boil. Reduce heat to medium-low and simmer until sauce thickens slightly, about 5-8 minutes. Stir in half the basil and mint.
2. Place fish fillets in skillet, spooning a little sauce over them and place skillet in oven. Bake for 10-15 minutes or until fish is cooked and white juices appear. Garnish with remaining herbs. Serve.