

# Poached Whitefish Curried with Zucchini

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Recipe source: [Mark Bittman](#)



## **INGREDIENTS:**

- 1 onion, chopped
- 2 zucchini, cut into chunks
- 2 tablespoons vegetable oil
- 1 tablespoon fresh ginger, minced
- 1 tablespoon curry powder (or to taste)
- 1 ½ pounds whitefish fillet
- Salt & pepper to season the fish
- 1 cup coconut milk
- 1 cup water
- Cilantro, parsley or scallion greens, chopped, for garnish

## **DIRECTIONS:**

- Heat vegetable oil in large, deep skillet over medium heat. Add chopped onion and zucchini and sauté for about 5 minutes, until vegetables soften and onion becomes translucent.
- Add ginger and curry powder. Cook for a minute, then add fish.
- Add 1 cup each of coconut milk and water.
- Bring to a boil, cover and turn off heat. Fish will be done in about 10 minutes.
- Add garnish, if desired, and serve.