

Recipe Name **Cod with Thai Green Curry and Baby Bok Choy**

Ingredients:

- 2 Tablespoons of oil (I like avocado oil)
- 2 green onions, finely sliced, dark green parts separated from white and pale green parts
- 4 Tablespoons fresh cilantro, minced
- 4 garlic cloves, minced
- 1 1/4 cup water
- 1 13-14 oz. can unsweetened coconut milk, full fat
- 2 small red Thai chiles or one red jalapeno chile
- 2 kaffir lime leaves or the zest of one large lime
- 1 Tablespoon fish sauce (this can be purchased [gluten free](#))
- 4 cups baby bok choy, cleaned and quartered
- 2 lbs. fresh wild caught cod, cut into chunks

Directions:

1. Heat oil in a large pan over medium heat. Add white and pale green parts of the green onions, 2 Tablespoon cilantro, and garlic; saute until tender, just about 2 minutes.
2. Add the green curry paste, stirring until fragrant, about 1 minute.
3. Add water, coconut milk, chiles, lime leaves or zest, and fish sauce. Bring to a simmer.
4. Add bok choy and fish. Cover and simmer until fish is tender and flaky, about 5-7 minutes, depending on size of fish chunks.
5. Sprinkle remaining fresh cilantro over dish and serve

*serve with steamed rice, I suggest either brown or black for added fiber.