

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Red Curry Mahi-Mahi Salad

Adapted from Food Network Magazine, November/December, 2008

High-quality fish can make a great salad even better. Mahi-mahi is even better than chicken for this slimming, energy-boosting dish...

*1 can (13.5 oz) coconut milk
1 Tbsp red curry paste (Mae Ploy)
20 oz mahi-mahi fillet, skinned & trimmed
1/3 cup fresh lime juice
2 Tbsp sugar
2 Tbsp water
2 Tbsp fish sauce (Nuoc Mam)
1 tsp sambal oelek chili sauce
1 tsp minced garlic*

*1 head Boston lettuce, separated
1 cucumber, thinly sliced
3-4 scallions, thinly sliced, white and greens
1 orange bell pepper, seeded, thinly sliced
1/2 cup fresh cilantro leaves
1/4 cup fresh mint leaves
3 Tbsp roasted cashews
2 limes, quartered*

Preheat broiler. Line a broiler pan with foil and sprinkle with light olive oil. Skim 2-3 Tbsp cream from top of coconut milk; save milk for other dishes. Fry the cream in a small skillet over medium-high heat until shiny, about 2 minutes. Stir in curry paste and cook another 2 minutes. Smear mixture over fish and place under broiler. Broil fish until browned and cooked through, about 15 minutes. Cut fish into 4-5 pieces.

Whisk together lime juice, sugar, 2 Tbsp water and the fish sauce, until sugar dissolves. Add chili sauce and garlic. Build the salad by arranging lettuce, veggies, herbs and nuts on salad platter. Top with fish pieces and lime wedges. Drizzle over about 2/3 of the salad dressing, and serve with remaining dressing "on the side."

Yield: Four to five servings

Preparation time: 30 minutes

Cooking time: 15 minutes

