

THAI COCONUT AND CALAMARI CURRY



 Serves 2-3

INGREDIENTS

- 2 tsp oil
- 2 tsp shredded ginger
- 1 small red onion, peeled and sliced
- 1 small red capsicum, sliced
- 2 heads bok choy, stalks sliced
- 1-2 Tbsp mild red Thai curry paste
- 270 ml can lite coconut milk
- 340 g bags **Sealord Simply Natural Calamari**
- 1 Tbsp lime or lemon juice
- 1 Tbsp chopped fresh coriander

METHOD

1. Heat the oil in a non stick frying pan or wok, stir-fry ginger, onion, pepper and bok choy stalks. Stir in Thai red curry paste, cook for 1 minute.
2. Pour Ayam Light Coconut Milk and 1/4 cup water over the vegetables, heat to a gentle rolling boil. Add frozen **Sealord Simply Natural Calamari**, cover and poach for 4-5 minutes until cooked through and tender.
3. Add bok choy greens, season with salt, pepper, lime juice and coriander. Serve in bowls with rice.