

Fish Curry

This is a very easy and delicious fish curry recipe that takes very little time to cook and tastes great with some rice. Serves 4 people.

Ingredients

oil of choice

1 tsp fenugreek seeds

1 tsp cumin seeds

10-12 fresh curry leaves (skip if unavailable)

1 large onion, finely chopped

3 garlic cloves, grated

1" fresh ginger, grated

4 large tomatoes, roughly chopped

salt

1 large sea bream (or white fish of choice)

1 tsp turmeric powder

1 tsp chilli powder

1 tsp garam masala

1 tsp ground coriander

$\frac{1}{4}$ tsp sugar

Method

– Add 2 tbsp oil to a hot pan. Add the fenugreek and cumin seeds, and let them sizzle.

– Add the curry leaves and onion. Cook for 8-10 minutes until golden.

– Add the garlic and ginger. Cook for 30 seconds.

– Add the tomatoes. Cook on low heat for 10-12 minutes.

– Meanwhile prepare the fish by cutting it into thick slices. Then, rub $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp turmeric powder onto the slices.

- Add $\frac{1}{2}$ cup oil to a hot pan. Shallow fry the fish for 1-2 minutes on both sides until golden. Transfer to a kitchen roll-line plate to remove any excess oil.
- Add $\frac{1}{2}$ tsp salt and $\frac{1}{2}$ tsp turmeric powder to the tomatoes. Then, add the chilli powder, garam masala, and ground coriander. Mix well.
- Add 200ml water and let it bubble for 30 seconds.
- Add the fried fish and sugar. Mix well and cook for 2 minutes.

Serve with some piping hot basmati rice. Time to tuck in!