



Fish Curry

SERVES 4

INGREDIENTS

480g thick fish fillets, skin and bones removed,
cut into large chunks
1 tbs oil
2 onions, finely chopped
3 garlic cloves, crushed
2cm piece ginger, grated
2 tsp ground coriander
1 tsp ground cumin

1 tsp ground turmeric
3 tomatoes, peeled, deseeded and chopped
1 ½ tsp garam masala
Lime juice
1 tbs chopped mint
Salt and pepper, to season

METHOD

1. Heat the oil in a saucepan over a low heat and fry the onion, stirring, until soft and golden. Add the garlic, ginger, coriander, cumin and turmeric and stir for a few minutes until the spices are fragrant.
2. Add the tomatoes and garam masala and cook over low heat until most of the liquid has evaporated.
3. Add the fish, cover and simmer for 10 minutes or until cooked. Add a little water if necessary. Stir through the lime juice and mint. Season to taste.

