INGREDIENTS

1 tbsp Ghee (or butter or oil)

1 onion finely (chopped)

2 ripe tomatoes (chopped) or 1 cup tinned chopped tomatoes

2 tbsp fresh ginger (chopped, skin on)

1 garlic clove (chopped, peeled)

1 green chilli (chopped, de-seeded)

½ tbsp coriander seeds

½ tbsp cumin seeds

½ tbsp turmeric

10 curry leaves (5 chopped & in curry, 5 fried in a little oil to garnish)

1 cup coconut milk

250g firm white flesh fish, chopped into 2cm cubes

¼ tspn fenugreek (ground with Mortar & Pestle)

Juice of ½ lemon (optional)

Salt to taste

INSTRUCTIONS

1. Blend onions & tomatoes in a blender. Next grind ginger, garlic and chillies to a paste in a mortar & pestle and set aside
2. Toast coriander and cumin seeds in a dry fry pan over med heat until fragrant. Then remove and grind in mortar & pestle
3. In a large saucepan over med heat, melt Ghee (or butter/oil). Add the tomato onion mixture and fry for 5 mins until moisture has left the pan. Add the ginger, garlic, chilli mixture and fry for another 2 mins. Add coriander & cumin seed mixture, turmeric and curry leaves & fry for another 2 mins. Add coconut milk and fish. Cook until fish is cooked through (5 mins). Add lemon (if using) and fenugreek then season with salt to taste
4. Garnish with fried curry leaves and serve with rice

South Indian Fish Curry

🍴 2-3 servings   🕐 30 - 35 minutes

If you're fed up of the same old dinners then this South Indian fish curry is the meal for you! Easy to prepare, not too spicy, and takes you on a real journey of the taste buds!

And the best thing about curry, it tastes even better the next day - so if you have any leftovers just heat through and enjoy! You could even have it with some warm naan bread if you fancy a change from serving with rice.

Summerset Sessions

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