

Fish and Tomato Curry Recipe

Ingredients: Serves 4

500g white fish fillets, cut into 2-inch pieces
390g canned chopped tomatoes
1 teaspoon sea salt
1 teaspoon sugar
2 tablespoons fresh cilantro (fresh coriander) leaves
lemon wedges, for serving

For Spice Mixture:

2 tablespoons vegetable oil
1 onion, finely sliced
3 cloves garlic, finely chopped
1 teaspoon peeled and grated fresh ginger
½ teaspoon ground turmeric
1 teaspoon ground cumin
2 teaspoons ground coriander
1 teaspoon garam masala
½ teaspoon chili powder

Method:

To make spice mixture: In a wok or large skillet, heat oil over medium heat and stir-fry remaining ingredients until fragrant, 1-2 minutes. Add fish, tomatoes with their juice, salt and sugar. Reduce heat to low, cover and simmer, stirring occasionally, until fish is opaque throughout, 8-10 minutes. Remove from heat and spoon into serving bowls. Sprinkle with cilantro. Serve with lemon wedges and steamed basmati rice.

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