

Fish in Ginger-Coconut Sauce Recipe

Ingredients: Serves 4

1 teaspoon salt
Juice of 1 lemon
450g tilapia fillets, cut into 2.5cm cubes
4 tablespoons sunflower oil
1 large onion, finely chopped
2 green chilies, chopped (seeded, if liked)
5cm piece root ginger, finely grated or 1½ tablespoons ginger puree
4 large garlic cloves, crushed to a pulp or 1 tablespoon garlic puree
1 teaspoon ground cumin
1 tablespoon ground coriander
½ teaspoon ground turmeric
½ teaspoon chili powder
400ml canned coconut milk
½ teaspoon black mustard seeds
10-12 fresh or dried curry leaves
steamed basmati rice, to serve

Method:

Sprinkle half the salt and lemon juice over the fish and set aside. Heat 3 tablespoons of the oil and sauté the onions and chilies until the onion is soft. Add the ginger and garlic and continue to cook until the onion is light brown. Add the cumin, coriander, turmeric and chili powder. Cook for a minute or two and add the coconut milk, fish and the remaining salt. Simmer gently for 5-6 minutes. Meanwhile, heat the remaining oil in a small saucepan or a steel ladle over a medium heat. When the oil reaches smoking point, remove the pan from the heat and add the mustard seeds. As soon as they start crackling, add the curry leaves and fry them for about 30 seconds until crisp. Pour the entire contents into the pan in which the fish is being cooked. Stir gently and remove from the heat.

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