

BELMONT
FORUM
FRESH

FISH CURRY



SERVES 4



40 MINS



4 SIMPLE STEPS

Ingredients:

- 90 ml mustard oil or vegetable oil
- 2 medium onions, finely sliced
- 2 black cardamom pods, slightly bruised
- 4 cloves
- 2 pieces cinnamon stick
- 1 Indian bay leaf
- 4 cloves garlic, halved lengthwise
- 4 cm ginger, shredded
- 2 green chillies, split lengthwise
- 1 tsp turmeric
- 1 tsp plain flour
- 1 tsp salt
- 600 g white fish, cut into chunks from Wild Sea Australian Seafood
- 200 ml coconut milk
- Juice of 1 lime, to taste



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METHOD

1. Heat the oil in a heavy based saucepan over a medium heat and fry the onions for 10 minutes until golden.
2. Add the cardamom, cloves, cinnamon and bay leaf and fry for 1 minute, then add the garlic, ginger, green chillies and turmeric and fry for a further minute.
3. Stir in the flour and salt and cook for 1 minute. Add the fish pieces, pour over water, just to cover and simmer for 3 minutes until the fish is part cooked.
4. Add the coconut milk, bring back to a simmer and cook for a further 2 to 3 minutes until the fish is cooked through.

Sharpen with lime juice and serve with rice.

