

Goan fish curry

Serves 4

2 grated onions
2 long green chillies, deseeded and thinly sliced
2 garlic cloves, finely chopped
4cm piece fresh ginger, peeled and grated
2tsp ground cumin
2tsp ground turmeric
2tsp garam masala
2tsp ground coriander
2 cardamom pods, split
2 bay leaves
140ml reduced fat coconut milk
400g chopped tomatoes
5tbsp vegetable stock or water
600g skinless Fish (we use Basa)any firm white fish cut into chunks
Juice of half a lime
2tbsp fresh chopped coriander
a dozen or so raw prawns (optional)
Rice to serve

Method

1. Spray a large heavy based saucepan with the low fat spray, then fry the onion over a medium heat stirring frequently for about 10 mins until softened and beginning to colour. Stir in the chillies, garlic, ginger, ground spices, cardamom seeds and bay leaves then cook for approx. 1 min.
2. Pour in the coconut milk, chopped tomatoes, stock or water then bring to the boil. Reduce the heat and simmer half covered for approx. 5 mins.
3. Add then fish and continue to simmer half covered stirring occasionally and taking care not to break up the fish pieces. Cook for about 6 mins then add the raw prawns and cook for another 4 mins. Cook for approx. 10 mins in total with or without the prawns. Making sure the fish and prawns are cooked through.
4. Season to taste and stir in the lime juice
5. Serve with sprinkled coriander and rice.

P.S We add some green vegetables to this, such as bok choy, snow peas or baby spinach