

Goan Fish Curry

Goa is a coastal state in the west of India so the food from that region features a lot of fish and seafood. This recipe uses quite a few spices, but once you have them they can be used for all sorts of other dishes. Enjoy this curry with simple Rice or Naan Bread.



Celery and fish*

Nutritional information per portion (379g):

Energy	Fat	Saturates	Sugars	Salt
1125kJ 269kcal 13%	15g 21%	4g 20%	5.4g 6%	0.36g 6%

of an adult's reference intake.
Typical values per 100g: energy 297kJ/71kcal.

Equipment

Grater
Sharp knife
Chopping board
Garlic crusher
Plastic cup
Scissors
Measuring spoons
Small bowl
Can opener
Juicer
Wok or large frying pan with lid
Wooden spoon
Teaspoon

Ingredients

Serves 4

1 x 15ml spoon sunflower oil
2 medium onions
1 long green chilli
2 garlic cloves
4cm fresh ginger
2 x 5ml spoons ground cumin
2 x 5ml spoons ground turmeric
2 x 5ml spoons garam masala
2 x 5ml spoons ground coriander
2 cardamom pods, split
2 bay leaves
140ml reduced-fat coconut milk
1x 400g can chopped tomatoes
50ml water
300g pollock
300g salmon
½ lime
20g fresh coriander

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



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Method

1. Grate the onions.
2. Peel the ginger with a teaspoon and grate.
3. Deseed and finely chop the chilli.
4. Crush the garlic cloves.
5. Combine ground cumin, ground turmeric, garam masala, ground coriander and cardamom pods in a small bowl.
6. Chop the fish into bite size chunks.
7. Squeeze the juice from half a lime.
8. Chop the coriander in a plastic cup with scissors.
9. Measure the sunflower oil into the frying pan or wok.
10. Fry the onion over a medium heat stirring frequently with a wooden spoon for about 10 minutes until softened and beginning to colour.
11. Stir in the chillies, garlic, ginger, and spices then cook for 1 minute.
12. Pour in the reduced-fat coconut milk, chopped tomatoes, bay leaves and water then bring to the boil.
13. Reduce the heat and simmer half covered for 5 minutes.
14. Add the fish and continue to simmer for 10 minutes, half covered. Stir occasionally and take care not to break up the fish pieces.
15. Make sure the pollock and the salmon is cooked through, remove the bay leaves and cardamom pods, then add the lime juice and sprinkling with the chopped coriander.

Something to try next time

- If you like things extra spicy add an extra chilli, or for something milder stir in a spoon of low-fat natural yogurt just before serving.

Top Tip

- Grating the onions helps to make a smoother sauce that will cook quickly.

Skills used include:

Grating, peeling, chopping, measuring, squeezing, crushing, frying and boiling/simmering.