

Coconut Fish Curry Recipe

(Indian Recipes)

Ingredients:

4 small sea bass fillets, each about 150 g
1 teaspoon salt, or to taste
1½ teaspoons ground turmeric
2 tablespoons coconut oil
2 medium onions, finely sliced
6 green chilies, slit lengthways
3 garlic cloves, peeled sliced into fine strips
20 curry leaves
400 ml coconut milk
coriander sprigs, to garnish

Method:

Remove any small bones from the fish fillets with tweezers. Mix ½ teaspoon salt with 1 teaspoon turmeric and gently rub into the fish fillets. Heat the coconut oil in a wide pan. Add the onions, chilies and garlic, and sauté for a few minutes, then add the curry leaves and keep cooking until the onion is translucent. Take out half of the curry leaves and set aside for the garnish. Add the rest of the turmeric and salt to the pan. Pour in the coconut milk and heat through, then add the fish fillets and simmer very gently for 3-4 minutes until just cooked. Serve immediately, garnished with the reserved curry leaves and coriander.

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