

Turmeric Fish with Spicy Potatoes Recipe

Ingredients:

A1 kg potatoes (such as pontiac or desiree), cut into chunks
3 garlic cloves, crushed
1 1/2 teaspoons ground cumin
1 1/2 teaspoons ground turmeric
1 teaspoon black mustard seeds
2 small dried red chilies
Juice of 1 lemon
80 ml peanut oil
75 g plain flour
800 g white fish fillets (such as flathead)

Method:

Preheat the oven to 180 degrees Celsius. Toss the potatoes in a bowl with the garlic and 1 teaspoon each of cumin, turmeric and black mustard seeds, then add the chilies, juice and half the peanut oil. Season with salt and pepper. Spread on a large baking tray and roast for 40 minutes, turning occasionally, until crisp and golden. Mix together the flour, remaining spices, and some salt and pepper, then dust the fish fillets with the mixture. Heat the remaining oil in a frypan over medium heat and fry the fish for 2 - 3 minutes each side until golden. Serve with the spicy potatoes.

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