



Product Spotlight: Curry Leaves

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



Goan Fish Curry

Inspired by coastal Indian flavours, this Goan-style curry features tender poached fish with fragrant spices, curry leaves and fresh lime, served with basmati rice.



35 minutes



4/6 servings



Fish

Elevate the dish!

You can garnish the curry with some fresh chopped coriander or sliced green chilli for an extra kick. Serve with crispy papadums on the side. Add a pinch of turmeric to the rice to make yellow rice!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	8g	64g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
RED ONION	1	1
TOMATOES	3	4
GINGER	2 pieces	2 pieces
GARLIC CLOVES	3	4
GOAN SPICE MIX	1 packet	1 packet
CURRY LEAVES	3 fronds	3 fronds
GREEN CAPSICUM	1	2
WHITE FISH FILLETS	2 packets	3 packets
LIME	1	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar (of choice)

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

Use coconut oil to cook this dish for extra fragrance.

Stir curry paste and vegetables occasionally to prevent sticking. Break down tomatoes with a spoon as they cook to create a sauce.

Goan spice mix - ground coriander, cumin, turmeric, paprika, fenugreek, chilli flakes, black mustard seeds.



1. COOK THE RICE

Place rice in a saucepan and cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P - use 900ml water.



2. PREPARE THE CURRY PASTE

Chop **onion** and **1 tomato**. Peel and chop **ginger** and **garlic**. Blend all together with **spice mix, 1 tbsp oil** and **3 tsp sugar** until smooth using a stick mixer or blender.

6P - blend 2 chopped tomatoes and use 2 tbsp sugar.



3. CRISP THE CURRY LEAVES

Heat a large frypan over medium-high heat with **2 tbsp oil** (see notes). Add **curry leaves** and cook for 1 minute until crispy. Remove with tongs to drain on paper towel (leave oil in pan).



4. SIMMER THE CURRY

Reduce heat to medium. Add **curry paste** to pan and cook for 5 minutes, stirring until fragrant. Wedge **remaining tomatoes** and dice **capsicum**. Add to pan and cook for 8 minutes (see notes).



5. POACH THE FISH

Cut **fish** into smaller size pieces, rinse and pat dry. Stir **1/2 cup water** into **curry** and bring to a simmer. Reduce heat to medium. Add **fish** and cook for 5 minutes. Season with **lime zest, 1/2 lime juice, salt and pepper**.

6P - add 1 cup water and use 1 lime zest and juice.



6. FINISH AND SERVE

Garnish **fish curry** with **crispy curry leaves**. Wedge **remaining lime** and serve with **rice**.

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