

INDIAN KERALAN FISH CURRY

SOUTH ASIA
/ INDIA

ORIGINS

One of India's most famous dishes, the origins of the humble Dal date way back to 3000 BC. Archaeological evidence has discovered it was a staple dish made by the Indus Valley Civilization as it was sustaining and easy to prepare from readily available pulses and spices. Still an essential dish in Indian cuisine today, many versions have been made, including vegetables and meats.



4



10 min



10 min



WHAT YOU NEED

- 1/2 pkt (17 g) Indian spice
- 200 g fresh tomato, chopped
- 500 g firm white fish fillets
- 100 g green beans
- 1 onion, chopped
- 1 tsp tamarind concentrate
- 400 ml coconut milk

HOW TO MAKE

- ① Sauté onion, 5 min. Add spice, sauté 1 min.
- ② Add fish, coconut milk, tamarind, sugar, tomato and greens.
- ③ Simmer for 10 minutes until the fish is cooked.

HOW TO SERVE

Serve with roti or rice and fresh coriander, serve with lime wedges.

HINTS & TIPS

SIDES & CONDIMENTS

For a richer and creamier texture use coconut cream instead of coconut milk.

SWAPS & ALTERNATIVES

veggie combos: swap green beans for spinach leaves.

reduce meat: 250 g fish + 200 g cooked chick-peas.

alternative: replace fish with prawns or chicken.

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