

Curried Fish

Ingredients

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- thumb-sized piece ginger, finely grated
- 1 tsp bullion paste
- 3 garlic cloves, crushed
- 1 small red chilli, shredded (deseeded if you don't like it too hot)
- 2 lemongrass stalks, split, then bruised with a rolling pin
- 1 heaped tbsp medium curry powder
- 4 sweet potatoes peeled and diced
- small bunch coriander, stems finely chopped
- 400g can coconut milk
- 450g skinless hake fillets, cut into rectangles, roughly credit card size
- 220g pack frozen raw whole salmon
- 1 lime, halved



Method

1 – Heat the oil in a wide, lidded frying pan, then soften the onion for 5 mins. Increase the heat a little, stir in the ginger, garlic, paste, chilli and lemongrass, and cook for 2 mins. Add the curry powder and keep stirring. When the sugar starts to melt and everything starts to clump together, add the coriander stems, coconut milk and 2 tbsp water, then bring to a simmer.

2 – Add the fish to the sauce, squeeze over half the lime. Pop on the lid and simmer for 5 mins more or until the hake is just cooked and flaking. Taste for seasoning, adding a squeeze more lime to the sauce if you like. Scatter over the coriander leaves and serve with rice.