Light Fish Curry

NIBBLEDISH CONTRIBUTOR

Ingredients

200g filet of any white fish, cut into medium pieces
1 med red onion, sliced thin
1 tsp turmeric
1/2 tsp mustard seeds
1/2 tsp cumin seeds
1 med dried chili
150ml coconut milk (1 small can)
salt to taste
lemon

optional: curry powder, chili powder

Instructions

1. Coat fish with 1/2 tsp turmeric, set aside.
2. Heat saucepan and toast mustard and cumin seeds until fragrant. Remove.
3. Add 1 tsp oil, and when hot, add dried chili, and half the sliced red onions.
4. Stir a few times, and add remaining turmeric, and toasted mustard and cumin seeds.
5. When onions have softened, add coconut milk, and turn heat down to medium.
6. When mixture is at a gentle boil, add fish.
7. Turn heat up to med-high, taking care not let the coconut milk boil excessively and break.
8. Once curry starts to boil gently, turn heat down to med-lo, and add remaining sliced onions. You may thin the curry with a little water if the coconut milk is very thick.

9. When fish is cooked, season with salt to taste.
10. Optional: add curry powder and/or chili powder if you prefer a stronger taste.

Serve over rice. Squeeze generous amounts of fresh lemon juice and eat up!