



# Fast Lane Fish Curry

## INGREDIENTS

- 1 Large Red/Brown Onion
- 1 tsp Fresh Ginger paste
- 2 tsp Fresh Garlic Paste
- 1 tsp Gound Turmeric
- 1 tsp Garam Masala
- 1 tsp Ground Cumin
- 1 Cinnamon Stick
- 1 Tin of Chopped Tomatoes
- 1 Tin of Coconut Milk
- 1tsp Salt
- 1 Fresh Birds Eye Chilli
- Fresh coriander for garnish
- 4 Fish fillets of your choice, I have used Basa for this recipe.
- Large non stick pan preferably with a lid.

## METHOD

- 1) Chop onion finely and saute on a medium heat for a few minutes, making sure they don't go brown. Then add the garlic and ginger paste and cook for a further few minutes.
- 2) Whilst the onion garlic and ginger is cooking , combine all spices (Garam masala ,Turmeric,Cumin,Chopped fresh chilli) with a tea-spoon of water to form a paste in a separate bowl. Set aside for later. (use half a chilli if you only want a mild curry)
- 3) Now add the tin of tomatoes to your onion, ginger and garlic and cook for a few minutes so that mixture is combined.
- 4) Add in the spice paste to the mixture and cook for around 10 - 15 minutes on a low heat with the lid on. This is so that the mixture is infused with the spices.
- 5) Now you need to add in the fish, this is always done towards the end, as it doesn't take very long to cook and we want it to be beautifully flakey! Cook for around 5-8 minutes.
- 6) Lastly once the fish has cooked we can now add in the coconut milk. After adding the milk bring the curry to the boil and then you are now ready to serve!

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