

Sri Lankan Tomato Fish Curry



All of us should be eating 2-3 servings of fish per week for a healthy, balanced diet. Try our tasty Sri Lankan fish curry for one of your dinners this week!

Ingredients

- 1 tbsp vegetable oil
- 1 kg fillet of barramundi, cut into large chunks
- 2 tsp salt
- 1 medium red onion, finely chopped
- 1 tbsp ginger, minced
- 1/4 cup fish curry powder
- 1 tbsp tamarind paste
- 1 can cherry tomatoes
- 10 fresh curry leaves
- 1 can light coconut milk

Method:

1. In a deep frying pan on medium heat, season the fish with salt and sear until golden on both sides and then set aside.
2. In the same pan on medium-low heat, sauté the onion and ginger until fragrant.
3. Stir in the curry powder, tamarind paste, cherry tomatoes, curry leaves and coconut milk.
4. Bring the curry to a simmer, add fish back in and continue to simmer for another 10 mins until ready to serve.