



Fish Curry with Basmati Rice

Preparation time: **less than 30 minutes**

Cooking time: **30 minutes to 1 hour**

Serves 2

Ingredients

- 3 tbsp sunflower oil
- 2 large onions, finely chopped
- 4 garlic cloves, crushed
- 4cm/1½in fresh root ginger, finely grated
- 1 tsp ground coriander
- 2 tablespoon curry powder
- 400g tin coconut milk
- 3 limes, juice only
- 400g chopped tomatoes
- 700g/1lb 9oz skinless salmon fillet
- 400g coconut milk or cream
- handful fresh coriander, chopped, to garnish
- freshly steamed basmati rice, to serve (optional)

Method

1. Heat the oil in a heavy-bottomed saucepan over a low heat. Add the onions and fry for 15 minutes, or until soft and starting to turn golden.
2. Add the garlic, ginger, ground coriander, curry powder or curry leaves and cook for 1 minute. Add the coconut milk, lime juice and blended tomatoes and cook for 10–15 minutes, or until slightly reduced.
3. Add the salmon and gently poach for 5–6 minutes.
4. Serve with steamed basmati rice
5. Garnished with fresh coriander.