
FISH CURRY
RECIPE

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COOK TIME 30 mins
PREP TIME 10 mins
SERVES 4 x

FISH CURRY

INGREDIENTS

- 8 Fillets (800 g) White Fish Fillets
- 2 cups (300 g) Chopped Onions
- 2 Tbsp MasterFoods™ Minced Garlic
- 2 Tbsp MasterFoods™ Minced Ginger
- 1 Tsp MasterFoods™ Chilli Flakes
- 2 Tsp MasterFoods™ Onion Salt
- 2 Tbsp MasterFoods™ Turmeric
- 2 Tbsp MasterFoods™ Garam Masala
- 2 Tbsp MasterFoods™ Cinnamon
- 4 Bay Leaves
- 4 Tbsp Olive Oil
- 2 can (400 ml each) Coconut Milk
- 2 pouches (250 g) Ben's Original Lightly Flavoured Garlic Rice

METHOD

1. Pan fry the Onions and add the MasterFoods™ Minced Garlic, Ginger, Chilli, Onion Salt, Turmeric, Garam Masala, Cinnamon, and Bay Leaves. Burn the aromatics in the Olive Oil. Flood with the Coconut Milk.
2. Slide in the fillets of Fish. Don't move them around too much just spoon the liquid over making sure the fish cooks submerged for 20-30 minutes.
3. Prepare the Ben's Original Lightly Flavoured Garlic Rice as per the packet's instructions. Place cooked Rice in a bowl and top with Curry to serve.