

## Yellow Fish Curry

**Serves:** 8

**Prep time:** 20 minutes

**Cook time:** 20 minutes



1 ½ serves per portion

### Ingredients

1 brown onion, finely chopped  
3 garlic cloves, finely chopped  
3 cm piece fresh ginger, grated  
10 fresh curry leaves  
2 tablespoons yellow curry powder mix\*  
1 cup cherry tomatoes, halved  
1 ½ cups water  
270ml can coconut milk, light  
1kg white fish fillets (e.g., hoki or snapper) cut into 4 cm pieces  
1 cup frozen peas  
1 cup snow peas, trimmed, halved  
1 cup green beans, trimmed halved  
410g can baby corn spears, drained, halved lengthways  
Brown rice and quinoa mix to serve  
¼ cup fresh coriander leaves  
1 long red chilli, sliced (optional)

### Method

COMBINE all spice mix ingredients in a small bowl.

HEAT a large saucepan over medium-high heat and add oil and onion once hot. Cook onion, stirring, for about 5 minutes or until softened.

ADD garlic, ginger, curry leaves and spice mix. Fry until fragrant, about 2 minutes.

ADD tomatoes and cold water. Bring to the boil, then reduce heat to low and simmer for 5 minutes.

POUR in coconut milk and bring to a simmer. Add the fish, peas, snow peas, beans and baby corn and simmer for 5 minutes or until vegetables are tender and fish is cooked through.

SERVE on a bed of brown rice and quinoa mix, topped with coriander leaves and red chilli.



Everyday Food

\*Yellow curry powder mix:

2 teaspoons ground coriander

1 teaspoon ground turmeric

1 teaspoon yellow mustard powder

1 teaspoon chilli powder (optional)

½ teaspoon pepper

½ teaspoon cumin

¼ teaspoon ground cardamom

*Recipe courtesy of the Country Kitchens team*