

Kerala Fish Curry

by Silvia-Maria Patalano-Ross

Ingredients

- 1 lb fish fillet (de-boned if whole)
- 1 cup coconut milk
- 2 tbsp coconut oil
- 1 onion, finely chopped
- 1 medium tomato, chopped
- 2 green chilies, slit
- 1 tsp ginger-garlic paste
- 1 tsp turmeric powder
- 1 tbsp red chili powder
- 1 tbsp coriander powder
- 1 tsp mustard seeds
- 1 sprig curry leaves
- Salt to taste



Directions

1. Heat coconut oil in a pan and add mustard seeds. When they splutter, add curry leaves.
2. Add onions, green chilies, and ginger-garlic paste. Sauté until onions turn golden.
3. Add tomatoes and cook until they soften.
4. Mix in turmeric, chili, and coriander powders. Cook for a minute.
5. Add coconut milk and bring to a simmer.
6. Add the fish pieces and cook until the fish is done.
7. Serve hot with steamed basmati rice.



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