

Talapia Fish Curry @ 7pm 10/06/2020

Ingredients:

- 3 or 4 talapia fillets (or cheap white fish)
- 2 or 3 large onions - finely chopped
- 3 large cloves of garlic - finely chopped
- 1 bunch Coriander – chopped
- Coriander stems - chopped
- 2 tbsp sunflower or vegetable oil
- Half a cucumber – small size bits
- 1 tsp Garam Masala (or Mixed spice)
- 1 tsp Turmeric
- 1 tsp Paprika
- Salt
- 1 tomato (optional)
- 1 or 2 fresh chilli (optional)

Method:

- Cook onions in oil on high heat
- Season with salt
- Add coriander stems and cook on high for 2 mins whilst stirring
- Add water to control the temperature
- Add garlic and fry for 2 mins
- Lower heat and cover with lid. Cook for 15 minutes
- Add Garam Masala
- After 1 minute add Turmeric
- After another minute add Paprika
- Add cucumber and boiling water to cover
- Cook on medium heat for 5 minutes
- The sauce should thicken
- Now add the fish
- Cook for 3 minutes on low heat with a lid
- Add fresh coriander
- Add quartered tomatoes and chilli

Rice: (optional)

- Once rice water is boiling add your rice (I use Basmati it cooks quick) let boil for about 7 to 10 minutes keep testing to see if cooked you don't want it to mushy
- Drain rice in a colander or sieve then place back in pot. Rice. Done!