



JERNEJ KITCHEN

COCONUT FISH CURRY WITH VEGETABLES

Coconut Fish Curry with Vegetables is a simple recipe for a quick weeknight dinner. It's made in 35 minutes. Creamy, delicious and full of spices.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	35	MINUTES

COCONUT FISH CURRY WITH VEGETABLES

2 trout fillets (220g or 1/2 pound per fillet)

juice of one lemon

2 tbsp canola oil

4 cloves of garlic

1 dried chili (optional)

2 cm (1-inch) piece ginger, peeled

1/2 tsp black cumin Kotányi

1/2 tsp cumin Kotányi

1 tsp curry powder Kotányi

1 tsp garam masala Kotányi

1 onion

2 carrots

100 g fresh tomatoes or diced
canned tomatoes (1/2 cup)

800 ml coconut milk (2 cans)

80 g sugar snap peas (3 ounces)
(fresh or frozen)

2 tbsp lime juice

TROUT FILLETS

Use skinless and boneless trout fillets. Cut each fillet into four equal size pieces. Place them on a plate and drizzle with freshly squeezed lemon juice. Season with salt and pepper and set aside until needed.

SPIECES AND VEGGIES

Place a pan with canola oil over medium-low heat. Add diced garlic, diced chili (optional), grated ginger, black cumin, and cumin. Stir to combine and cook for 2 - 3 minutes. Then add the curry powder, garam masala, diced onion, and sliced carrots. Stir and cook for another 5 minutes.

COOK

Add fresh diced or canned diced tomatoes to the pan with the vegetables, cook for a minute, then pour in the coconut milk. Bring to a boil, then lower the heat and cook for 15 minutes (low simmer). Last but not least, add the sugar snap peas and the fish. Cook for 5 minutes over low heat. Then stir in the freshly squeezed lime juice and serve.

SERVE

Divide the Coconut Fish Curry with Vegetables between four plates. Serve with cooked basmati rice. Optionally sprinkle with chopped parsley or coriander and black cumin seeds.

TOOLS AND EQUIPEMENT Sponsored

cutting board
kitchen knife
pan with a lid