

# Mangalorian fish curry

(adapted from: Indian every day, Anjum Anand)

Serves 4

## Ingredients

1 tsp olive oil  
1/2 small onion or 1 leek ( green leaves not the tough bits!)  
2 small tomatoes cut into wedges  
1/2 tsp ginger paste  
1 green chilli (if tolerated)  
1 tsp paprika  
salt to taste  
1/2 tsp turmeric powder  
5 tbs coconut milk  
150 ml of hot water  
1 tsp tamarind past  
200-300g monkfish, cut into 3 cm slices

## Paste

1/2 small onion or 1 leek (green leaves not the tough bits!)  
3 garlic cloves or 1 tbsp garlic oil  
2.5 cm piece fresh garlic, peeled  
1/2 tsp cumin seeds  
1 good pinch of black peppercorns  
1 1/2 tbs coriander seeds or powder  
2-3 mild chillis (if tolerated) roughly chopped  
100ml hot water

## Method

Make the paste

Put all the paste ingredients ( not the water) in a blender, and pulse slowly adding the water, until you have a fine paste. set aside

Heat the oil in a large non stick pan, fry the onion or leek for 1 minute. Add the tomatoes, ginger paste, chilli, paprika, salt and turmeric. Stir fry for 2 minutes. Add the paste and cook covered over a medium heat for 10-12 minutes. Keep an eye on the paste to ensure it doesn't burn

Add the coconut milk, bring to the boil and then simmer for 5 minutes, add the tamarind paste.

Add the monkfish, and coat in the curry sauce. Cook gently for 5-6 minutes until cooked through

Adjust the seasoning

If low FODMAP add a small portion of cooked rice

If low carb eat with cooked spinach, or as a soup