Coconut Fish Curry Recipe

Ingredients

750g Cod Fillet
25ml vegetable oil
75g onions, sliced
5g garlic
6g curry powder
20g tomato puree
15ml lemon juice
400ml coconut milk

Instructions

1. Slice the fish fillets into strips. Make sure there are no bones.
2. Peel and chop the garlic
3. Heat the oil in a pan and fry the onion and garlic until brown
4. Add the curry powder, tomato puree and lemon juice and mix well. Cook for 2-3 minutes, stirring all the time so that the mixture does not burn
5. Add the coconut milk and stir until it boils, turn the heat down and add the fish.
6. Simmer for 10 minutes until the sauce thickens