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## Green Coconut Fish Curry

### Ingredients

2 tbsp vegetable oil  
half tsp brown mustard seeds  
4 cloves  
6 green cardamom pods, lightly crushed  
1 large piece cinnamon stick  
1 small onion, finely chopped  
5cm/2in piece fresh ginger, peeled and quartered  
2 large garlic cloves  
1 tsp ground coriander  
300ml/10½fl oz reduced-fat coconut milk  
2-4 green chillies, left whole  
salt, to taste  
100ml/3½fl oz water  
10 curry leaves (available from some supermarkets and Asian grocers)  
½-1 tsp freshly ground black pepper  
¾ tsp garam masala  
500g/1lb 2oz salmon or firm white fish fillets, cut into large pieces

To serve:

2-3 tsp lemon juice  
50g/2oz fresh coriander leaves and stalks, chopped

### Method

1. Heat the oil in a non-stick pan, add the mustard seeds, cloves, cardamom pods and cinnamon stick and stir fry for 20 seconds (be careful, the seeds might pop). Add half of the chopped onion and fry for 4-5 minutes until soft.
2. Meanwhile, place the remaining onion, the ginger, garlic, ground coriander and 100ml/3½fl oz of the coconut milk into a blender or food processor and blend to a smooth purée.
3. Add this mixture to pan along with the whole green chillies and salt, to taste. Cover with a lid and cook over a low heat for 12-15 minutes, giving the pot an occasional stir.
4. Add the remaining coconut milk, the water, the curry leaves, black pepper and garam masala and the fish and leave to cook undisturbed for about 3-5 minutes, until the fish is opaque and cooked through.
5. To serve, stir in the lemon juice and coriander. Taste and adjust the seasoning if necessary, then pour into bowls and serve with rice.

**Submitted by Barbara Sharp.**

Care for a curry is a fundraising initiative of Alzheimer Scotland • www.careforacurry.org

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