

Waitrose

Keralan Fish Curry

Ingredients

700g Waitrose Line Caught Prime Icelandic Haddock Fillets (in packs or from the service counter), skinned and cubed
2 tsp ground turmeric
Vegetable oil spray
2 onions, thinly sliced
1 tsp cumin or black mustard seeds (or ½ tsp of each)
400ml can essential Waitrose Half Fat Coconut Milk
1 tbsp Cooks' Ingredients Tamarind Paste
5cm piece fresh ginger, shredded
225g trimmed mangetout, halved lengthways
2 salad onions, thinly sliced
2 red chillies, seeded and thinly sliced

low fat

• Uses sustainably sourced haddock • 1 of your 5 a day

Method

1. Sprinkle the fish with the turmeric and set aside.
2. Spray a large pan with oil and cook the onions with the seeds for 5–10 minutes until golden. Add the coconut milk, tamarind paste and shredded ginger and bring to a simmer.
3. Add the fish and mangetout to the pan, cover and simmer gently for 3–4 minutes until the fish is cooked. Scatter with sliced salad onions and chillies and serve with brown basmati rice.

Cook's tip

This is a delicate, sweet curry but you can add heat by mixing a little chilli powder with the ground turmeric.

Drink recommendation

Our new **Spanish Light Grenache Rosé, La Mancha** would be perfect here, and with only 5.5% alcohol, it's a relatively healthy option too.



Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Serves: 4

3 stars out of 5

Average user rating
Based on 110 ratings

Nutritional Info

Typical values per serving:

Energy	267kcal
Carbohydrate	11.3g
Sugars	7.5g
Fat	8.1g
Saturated Fat	5.3g
Salt	0.7g

Drink recommendation

To set off this recipe, serve a glass of rose wine from our extensive range of [rose wine](#). (opens in a new window).