

COCONUT FISH CURRY

INGREDIENTS

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- thumb-sized piece ginger, finely grated
- 3 garlic cloves, crushed
- 1 tsp shrimp paste
- 1 small red chilli, shredded, or ½ tsp chilli powder
- 2 lemon grass stalks, split, then bruised with a rolling pin
- 1 heaped tbsp medium curry powder
- 1 heaped tbsp light muscovado sugar
- small bunch coriander, stems finely chopped
- 400g can coconut milk
- 450g skinless hake fillets, cut into rectangles, roughly credit card size
- 220g pack frozen raw whole prawns
- 1 lime, halved
- cooked rice, to serve

METHOD

1. Heat the oil in a wide, lidded frying pan, then soften the onion for 5 mins. Increase the heat a little, stir in the ginger, garlic, shrimp paste, chilli and lemon grass, and cook for 2 mins.
2. Add the curry powder and sugar, and keep stirring. When the sugar starts to melt and everything starts to clump together, add the coriander stems, coconut milk and 2 tbsp water, then bring to a simmer.
3. Add the fish to the sauce, tuck the prawns in here and there, then squeeze over half the lime. Pop on the lid and simmer for 5 mins more or until the hake is just cooked and flaking, and the prawns are pink through.
4. Taste for seasoning, adding a squeeze more lime to the sauce if you like. Scatter over the coriander leaves and serve with rice.