

Less than 45 minutes

Serves 4

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Ingredients:

Curry paste:

- 2 tsp (10ml) coriander seeds
- 1 tsp (5ml) cumin seeds
- ½ stick cinnamon
- 3 long red chillies, deseeded
- 4cm knob fresh ginger, peeled
- 2 cloves garlic
- ¼ red onion
- 1 stalk lemongrass, bruised
- 3cm knob fresh turmeric, peeled or 1 tsp (5ml) ground turmeric
- 1 Tbsp (15ml) fish sauce
- Glug vegetable oil
- 1 red onion, cut into thin wedges
- 3 cloves garlic, sliced
- 4cm knob fresh ginger, peeled and cut into fine matchsticks
- 400g potatoes, peeled and cut into chunks
- 2 Tbsp (30ml) tamarind paste
- 1 cup (250ml) water
- 500g firm sustainable white fish (like kingklip or hake)
- 1 Tbsp (15ml) palm sugar or treacle sugar (or to taste)
- Fish sauce, to taste

For serving:

- Handful fresh coriander
- Shredded spring onion

- Cooked jasmine rice

Method

1. Toast the spices for the curry paste in a dry, hot pan until fragrant.
2. Grind all curry paste ingredients using a pestle and mortar, or blitz in a blender with a splash of water.
3. Heat oil in a pot over medium heat and fry onion, garlic and ginger until soft.
4. Add curry paste and fry until fragrant, about 2 minutes.
5. Stir in potatoes and toss to coat in curry paste.
6. Add water, cover and simmer, stirring often, until potatoes are tender.
7. Place fish in and around the potatoes and sauce, cover and cook for 4-5 minutes until the fish is just done.
8. Season with sugar and a few drops of fish sauce.
9. Serve curry on rice, topped with coriander and spring onion, or with a sambal (see cook's note).

Check Out Our [Chicken Curry Recipe](#)

COOK'S NOTE

Make a sambal with coriander, carrot ribbons, finely sliced shallots or red onion and spring onion, drizzled with lime juice.

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