

Less than 30 minutes

Serves 4

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Ingredients:

- 1 Tbsp (15ml) vegetable oil + extra for frying
- 1 tsp (5ml) yellow mustard seeds
- 1 tsp (5ml) cumin seeds
- Small handful dried curry leaves (optional)
- 1 onion, finely diced
- Salt and milled pepper
- 1½ cups (375ml) uncooked basmati rice
- 3 cups (750ml) water
- ⅓ cup (50g) flour
- 2-3 Tbsp (30-45ml) garam masala
- 4 hake fillets

COOKS NOTE

Frozen hake or haddock fillets work well too. Simply defrost and pat dry before dusting in flour mixture.

Sambal:

- 1 cucumber, diced
- 1 punnet (180g) PnP assorted tomatoes
- Small handful each fresh coriander and mint, chopped

- ½ cup (125ml) double cream plain yoghurt, for serving (optional)

Method:

1. Heat oil in a pan and cook whole spices and curry leaves until they start to pop.
2. Add onion and sauté until lightly browned. Season.

3. Stir through rice and coat in spices.
4. Add water and cook rice until tender. (Add a splash of water if liquid has evaporated and rice is not quite tender.) Set aside.
5. Mix together flour and masala.
6. Coat fish in flour mixture.
7. Heat oil in a non-stick pan over medium-high heat and fry fish until golden and cooked through.
8. Combine all sambal ingredients.
9. Serve fish on rice and top with sambal and a drizzle of yoghurt, if you like.