

Less than 1 hour

Serves 4

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Ingredients:

Curry Paste:

- 1 Tbsp (15ml) each cumin seeds and coriander seeds, toasted
- Seeds of 6 cardamom pods, toasted
- 4 cloves garlic, peeled
- 5cm knob ginger, peeled and chopped
- 2 Tbsp (30ml) tomato paste
- 2 red or green chillies, deseeded and chopped
- Handful fresh coriander
- 2 Tbsp (30ml) desiccated coconut
- ⅓ cup (80ml) cashews
- 1 Tbsp (15ml) garam masala
- 1 tsp (5ml) ground turmeric
- ½ tsp (3ml) cayenne pepper
- 3 Tbsp (45ml) canola oil
- 1 onion, chopped
- 2-3 dried curry leaves
- 3-4 medium potatoes, peeled and cubed
- 1 cup (250ml) water
- 2 cups (500ml) fish or vegetable stock
- ½ cup (125ml) plain low-fat yoghurt
- 2 Tbsp (30ml) fresh chopped coriander
- Salt and milled pepper
- 1kg hake, skinned and cubed

Raita:

- ½ grated cucumber
- ½ cup (125ml) plain yoghurt
- Juice (30ml) of ½ lemon
- 1 tsp (5ml) chopped mint
- Salt and milled pepper

Method:

1. Blitz curry paste ingredients in a food processor until smooth (add a little water if needed).
2. Heat oil in a pan and fry onion and curry leaves for 3-5 minutes.
3. Stir through curry paste.
4. Add potatoes and cook for another 2-3 minutes.
5. Add water and stock and simmer for 15-20 minutes.
6. Stir through yoghurt and coriander. Season.
7. Season fish and add to sauce.
8. Cover and cook for 5 minutes (do not stir as this will break up the fish).
9. For raita, combine all ingredients and set aside.
10. Remove from heat and serve with raita.

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