

30 minutes

Serves 4-6

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Ingredients:

Sauce:

- Glug canola oil, for frying
- 1 onion, sliced
- 2 curry leaves
- 4 tsp (20ml) mild curry powder
- 1 Tbsp (15ml) fish masala spice mix
- 2 tsp (10ml) turmeric
- 1 tsp (5ml) ground coriander
- ½ cup (125ml) white wine vinegar
- ⅓ cup (65g) brown sugar
- ¼ cup (60ml) apricot jam
- 1 can (400g) coconut milk
- Salt and milled pepper
- 1 Tbsp (15ml) cornflour (mixed with 1 Tbsp cold water to create a paste)

Fish:

- 1kg yellowtail fillets
- 4 tsp (20ml) masala spice mix
- Olive or canola oil, for frying
- Fruity sambal and crusty bread, for serving (see good idea)

Method

1. Heat oil in a pan and sauté onion for 8 minutes or until golden.
2. Stir in spices and fry for a minute.
3. Add remaining sauce ingredients, except cornflour, and simmer for 8-10 minutes.

4. Stir in cornflour paste and simmer for 2-3 minutes or until thickened.
5. Set aside and keep warm.
6. Season fish and sprinkle evenly with spice mix.
7. Heat oil in a pan over high heat.
8. Fry fish for 3-4 minutes skin-side down until skin is crispy - fish should move loosely without sticking when the pan is lightly shaken.
9. Flip over and fry for another 2-3 minutes or until golden, take care not to overcook.
10. Spoon sauce over fish and serve with sambal and crusty bread on the side.

GOOD IDEA:

For fruity sambal, dice ½ tub (250g) fresh mango chunks. Combine with ½ tub (50g) PnP fresh coconut shavings, 2-3 sliced jalapenos and ¼ punnet (5g) each chopped parsley and fresh coriander. Mix 2 Tbsp (30ml) each castor sugar and hot water, pour over sambal and infuse for 5 minutes. Serve with pickled fish.

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