KIKKOMAN

Goan fish curry

Total time **40 mins** **10 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
729 kJ / 174 kcal

Fat: **1.5 g**

INGREDIENTS

4 portion(s)

300 g	firm white fish such as pollack, cod or haddock, skinned and cubed
200 g	raw tiger prawns
3	cloves garlic
1	thumbsized piece ginger
1	red chilli
1	onion, diced
0.5 tsp	turmeric
1.5	garam masala
1	stick cinnamon
400 g	passatta
1	tin coconut milk
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
	squeeze lemon juice
1 tbsp	sugar
	fresh coriander

PREPARATION

Step 1

Place the garlic, ginger and chilliin a blender and blitz until smooth.

Step 2

On a saucepan or wok, fry the onion and the garlicky puree in a little oil for 2-3 mins. Add the turmeric, garam masala and cinnamon and fry for a minute, add the passata, coconut milk and Kikkoman Soy Sauce, bring to the boil, reduce the heat, cover with a lid and simmer for 15-20 mins. Place the fish and prawns into the pan and cook for 4-5 mins. Add the lemon juice and sugar to taste, then stir through the chopped coriander.

Step 3

Serve with some basmati rice and some naan bread.