

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 thumb sized piece ginger
1 red chilli
1 onion, diced
0.5 tsp turmeric
1.5 garam masala
1 stick cinnamon
400 g passata
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 chilli in 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.