

Easy Fish Curry

Ingredients:

- 400 grams fish (Cut into pieces, around 2 inches. If using fish fillet, prefer firm fish fillet, so the meat won't fall apart.)
- 1 tablespoon curry powder
- 1 teaspoon turmeric powder
- 1 tablespoon chopped coriander
- 2 cups coconut milk or fresh milk
- 1 cup water
- 2 tablespoons cooking oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 inch ginger, chopped
- 1 red chili, remove seed and chopped
- 1 tablespoon lime juice
- ½ teaspoon salt
- 1 tablespoon brown sugar
- 3 okra, cut into around 2 inches
- 1 eggplant, cut into chunks
- 150 grams long bean, cut into 3 inches

Steps:

- Heat oil in a wok or saucepan. Add onion, saute till soft.
- Add garlic, ginger and chili. Saute till fragrant.
- Add curry powder, turmeric powder and brown sugar, stir and saute till smell good, approximately 1 – 2 minutes.
- Add water and coconut milk or fresh milk, stir and bring to a simmer. Add okra, eggplant and long bean. Keep simmering for 5 minutes.
- Add fish, lid on. Simmer for another 10 minutes or until the fish are just cooked.
- Season with salt, add lime juice and coriander. Stir and make sure everything is cooked and until the desired softness. (* I like vegetables tender, but some people like it crunchy.)
- Serve warm with rice or bread.