



SUPER SPEEDY FISH CURRY

Serves 2 – Quick & Easy

2 shallots
3 tbsp olive oil
*1 tbsp sirarcha sauce**
1 tbsp tamarind paste
1 tsp ginger, grated
200ml coconut milk
½ tsp Thai fish sauce
2 cod fillets (with skin)
salt
25g butter
lime juice
coriander, to sprinkle

1. Peel and finely chop the shallots. Heat the olive oil in a saucepan and fry the shallots for 5 minutes until soft.
2. Once soft, add the sirarcha sauce, tamarind paste, ginger, coconut milk and Thai fish sauce. Bring to a simmer while preparing the fish.
3. Pat dry the cod fillets and sprinkle some salt over them. Heat the remaining 2 tablespoons of olive oil in a non-stick frying pan. Once really hot, place the fish skin-side down into the pan. Reduce the heat and fry at a medium heat for about a minute. Add the butter and let bubble softly. With a spoon, take some of the butter and drizzle some over the flesh of the fish while continuing to fry. Cook until the fish is nearly cooked through (this depends on the thickness of the fillets – if it's a thick fillet I'd recommend putting a lid on the pan for a few minutes). Turn over the fish and cook on the flesh side for another minute.
4. Divide the curry sauce between two plates and sit a fish fillet on top of each. Drizzle with lime and coriander and serve with rice and peas.

*this is pretty spicy! If you prefer a milder curry, use less than this.

www.anneskitchen.co.uk
