

Fish in Moily (not oily) Sauce



Ingredients

300g Alaskan Pollock/Mackerel/Monkfish
2 tsp Rapeseed oil
1 tsp Mustard seeds
9-10 Fresh Curry leaves
1 tsp Urad dal (Split black gram)
1 tsp Chana dal (Split Bengal gram)
3-4 nos. Dried Red Chillies
1 tsp Turmeric powder
100g Red Onions (finely sliced)
100g Tomato (cut into juliennes)
300 ml low fat Coconut milk
1 tsp Lemon juice
Seasoning

Method

- Heat a little rapeseed oil in a kadhai (heavy bottomed pan) and add mustard seeds.
- When the mustard seeds pop, add the curry leaves and both the dals.
- Fry until dals are golden in colour.
- Mix in the red chillies, turmeric and onion and sauté until the onions are pink.
- Add the tomatoes and coconut milk and bring to a boil stirring continuously.
- Add the fish and simmer until the fish is cooked through and the sauce has slightly thickened.
- Add lemon juice and remove from the heat. Season.