



Brookdale
HEALTH HYDRO



Aromatic Fish Curry

YELLOW CURRY PASTE

MAKES 1½ CUPS

2 tsp	dried chilli flakes
1 tsp	ground coriander
1 tsp	ground cumin
½ tsp	ground cinnamon
2 cups	yellow peppers, roughly chopped
1 tsp	ground turmeric
2	garlic cloves, crushed
2 tsp	fresh galangal, chopped or 1 tsp fresh ginger
1	small onion, finely chopped
1 Tbsp	lemon grass, chopped
1 Tbsp	coriander, chopped
4	medium anchovies, chopped
1 Tbsp	peanut oil

Dry fry all the spices stirring until fragrant.

Blend or process spices and remaining ingredients until mixture is smooth.

Place remaining curry paste in a bottle and seal with a little olive oil. Will keep in the fridge for 3 – 4 weeks.



SERVES 4 – 6

CURRY

3	onions, finely chopped
2 Tbsp	olive oil
3 Tbsp	yellow curry paste
800g	firm white fish cut into cubes or 400g fish & 400g prawn tails
400ml	tin coconut milk
3 Tbsp	fish sauce
1 Tbsp	lime juice
1 Tbsp	organic unrefined brown sugar or raw honey
1	red chilli, deseeded & finely chopped
8	baby potatoes, halved & cooked
3 Tbsp	coriander, chopped
	Himalayan rock salt & ground black pepper
1	red chilli, deseeded and finely sliced to garnish
	handful of coriander sprigs to garnish

Sauté onions in olive oil until translucent. Add yellow curry paste and sauté. Add fish and the remaining ingredients {excluding potatoes and coriander}. Simmer for 15 minutes.

Add cooked baby potatoes, chopped coriander and stir. Check seasoning. Garnish with chilli and coriander.

Serve with below Sambals.

SAMBALS

SPICY TOMATO & ONION

Finely chop ½ a red onion, 1 tomato and 1 deseeded red chilli. Combine with 1 Tbsp of chopped coriander.

COCONUT & SEED SPRINKLE

Toast ¼ cup desiccated coconut and ¼ cup sunflower seeds. Combine.

MINT YOGHURT

Combine ½ cup plain yogurt with ¼ tsp turmeric and 1 Tbsp of chopped mint.

This recipe is from Brookdale's Heavenly and Healthy Flavours cookbook, which is available for purchase at Brookdale Health Hydro or online at www.brookdale.co.za