

Malaysian Fish Curry (Fish Moolie)



Ingredients:

Use red snapper, grouper, turbot, halibut, cod or haddock steaks.

- 4 Shallots Or 1 Onion, roughly chopped
- 5 cm Piece Of Fresh Ginger, peeled and sliced
- 5 cm Piece Of Fresh Lemon Grass, outer leaf discarded
- 5 cm Piece Of Fresh Galangal, peeled and chopped
- 3 large Red Chillies, deseeded and chopped roughly
- 6 Blanched Almonds, chopped
- ½ tsp Turmeric
- 900 ml Coconut Milk
- 1 kg Fish, cleaned

Directions:

1. Put the shallots, ginger, lemon grass, galangal, chillies, almonds and turmeric into a blender or food processor with 6 tablespoons of the coconut milk and blend until smooth.
2. Pour the paste into a saucepan or wok, bring to the boil and stir continuously for 4 minutes.
3. Add the remaining coconut milk. Bring to the boil again, stir and simmer for 30 minutes, stirring often, until the quantity is reduced by half. Put in the fish and simmer for 10 to 15 minutes, stirring occasionally. Adjust the seasoning.
4. Transfer into a serving dish and sprinkle with Goreng Bawang (crispy fried shallots). Serve immediately, accompanied by plain cooked rice and vegetables of your choice or a salad.

Serves 4.

Nutrition - Each serving contains:

270 cals, 6g fat, of which 0.6g saturated fat, 13g added sugar, 0.7g salt

Prep Time: 20 mins **Cooking Time:** 45 mins



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