



Goan Fish, Sweet Potato and Coconut Curry

A delicious recipe easy to prepare and cook.

Serves: 2

Prepare: 30 Minutes

Cook: 25 Minutes

Difficulty: easy

Ingredients

- Borough Broth Co sustainably caught wild [fish broth](#)

For The Spice Mix

- 1 tsp crushed cloves
- 1 tbsp coriander seeds
- 1 tsp cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp turmeric
- 1 tsp salt
- 2-3 garlic cloves, peeled and crushed or garlic powder
- 3cm fresh ginger, peeled and grated
- 2 medium-sized sweet potato, chopped into large chunks
- 3 tbsp olive oil or ghee
- 2 green chillis or our organic chilli
- 1 onion, chopped
- 1 large tomato, chopped
- 400ml tin of coconut milk
- 1 pouch of Borough Broth co. [sustainably caught wild fish broth](#)
- 400g of a firm fish like [pollock](#) or [haddock](#) (a mix of both works well), cut into 2cm pieces
- 10 curry leaves
- parsley, to garnish
- flaked almonds, to garnish

Method

1. Add your spices to a dry pan, over a medium-low heat and toast your spices until they start to darken and become aromatic. This should take a few minutes, be carefully not to burn the spices. Remove from the heat and grind the spices into a powder, either with a food processor or pestle and mortar
2. Heat 2 tbsp oil in a large pan over a medium-high heat, then add the chopped onion. Fry for 1-2 minutes until soft, then stir in the sweet potato, spice mix, garlic and ginger. Stir to coat the potato and onion in the spices and cook for 5-10 minutes until the potato has softened. Then stir in the chopped tomato and cook until most of the liquid has evaporated
3. Mix in the coconut milk and fish broth, add the chillies and bring to the boil. Turn down the heat and let simmer for about 5-10 minutes until the sauce has thickened
4. Add the seafood and cook for about 5 minutes until the fish is cooked through, stirring occasionally and making sure not to break up the fish
5. Serve with rice and parsley to garnish. We also like to add some flaked almonds for some crunch