Indian curry and poached cod, Basmati rice with star anise, green onion and peas |

Recipe for 4 portions

Description

Recipe loaded with flavors!

Note

Make sure you dont put to much spices, it's all about putting just what's needed.

Ingredients

Fish Curry

- 3 Clove(s) Garlic
- 0.50 Tbsp Tomato paste
- 1 Tbsp Garam masala
- 4 Steak Fresh cod fish
- 1 Tbsp Curcuma
- 400 Ml Coconut milk
- 200 Gr Italian tomatoes

Basmati rice

- 250 Ml Basmati rice
- 2 Unit(s) Green onion
- 150 Gr Onion
- 175 Ml White wine
- 2 Unit(s) Star anise
- 200 Gr Frozen green peas
- 375 Ml Water

Preparation

- Preparation time **40 mins**

Setting up

Peel and dice the onion.

Peel the garlic and chop it.

Chop the green onion, keep the green part for the garnish and the rest for the rice.

Rince the rice until the water is clear.

Cut your cod into 1.5 cm cubes.

Curry cooking process

Heat the large pot with a tablespoon of olive oil in it. Put the spices first, give them a roast until you can have a good smell, add the onion and the garlic.

Add the tomato paste, give a good stir.

Cook with a little bit of water for 5-10 minutes, then add the coconut milk. Add your fish pieces so that they are poached in the sauce. Once cooked, gently remove them, and set aside until ready to serve.

Let it simmer for 15-20 minutes, once the sauce is reduced it will have the right texture and taste.

Add the diced tomatoes in the sauce just before serving.

Rice

Heat the small pot and cook the onion with some olive oil just for 1 minute.

Add the rice and the star anise, cook for 1 minute while stirring.

Add the wine and reduce until there's no more liquid.

Add 1 cup of water, bring to a boil, cover and leave to cook on low heat for 15 minutes.

Remove the star anise and add the peas once the rice is cooked.

Plating

In your soup plate or flat plate, place a nice ladle of Basmati rice, place the cod on top and cover with curry sauce

Finish with some herbs (green onions).

Bon appétit!