

Assam Curry Fish Head

(4 Servings)

Energy: 200 Calories

Ingredients

- 1 whole fish head (medium)
- 1 stalk curry leaves
- 2 slices ginger
- 2 cloves minced garlic
- 2 cloves minced shallots
- 2.5 tbsp fish curry powder
- 1.5 tbsp tumeric powder
- 3 whole small red chilli
- 4 whole lady's finger
- 2 whole tomato
- ¼ white cabbage
- 150ml low fat evaporated milk
- 80g pineapple slices
- ½ cup lime juice
- 2tsp sugar
- Pinch of salt

Method

1. Steam fish head for 12-15 minutes.
2. In a pan, fry shallots, garlic and ginger with oil until fragrant. Add turmeric powder and fish curry powder. Cook for 3 to 5 minutes at low heat.
3. Add small red chilli and crushed curry leaves. Pour in some water and bring to boil.
4. Add vegetables and simmer for another 3 to 5 minutes.
5. Add pineapple, tamarind water and coconut milk and stir. Cook for a few more minutes.
6. Place the fish head into the gravy and add sugar and salt.
7. Turnover the fish head and continue to simmer for another 3 minutes.
8. Ready to serve.