

# Sri Lankan Fish Curry (Submitted By Christine Harris)

## Other recipes



DIETARY:

### MAKING THIS RECIPE

#### Ingredients

4 x 225g / 8oz salmon steaks  
2 tablespoons of sunflower oil  
1 large onion, chopped  
4 garlic cloves, finely chopped  
1/2 teaspoon [ground turmeric](#)  
1/2 [chilli powder](#)  
2 tablespoons [Sri Lankan Curry Blend](#)  
1 400g tin of chopped tomatoes  
1 tablespoon [tamarind paste](#)  
1 400g tin coconut milk

#### Method

Thanks to Christine for this simple yet delicious sounding recipe!

1. Rinse the fish steaks under cold water and dry on kitchen paper. Heat the oil in a large shallow pan then add the onion and garlic and fry gently until soft and lightly golden.
2. Add the turmeric, chilli powder and [Sri Lankan curry powder](#) and fry for 1 – 2 minutes. Add the tomatoes, coconut milk and 1 tsp of salt and simmer gently for 15 minutes.
3. Add the salmon steaks to the pan and spoon some of the sauce over the fish. Simmer gently for 5 minutes then cover the pan and leave on low heat for 20 – 30 minutes.

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MIDDLE EASTERN

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**Bakso (Indonesian Meatball And Noodle Soup)**  
INDONESIAN

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