**Fish Curry**

Prep time: 15 Min Cook time: 20 Min

**Ingredients:**

* 500g fish, cut into cubes
* 2 tbsp red chili powder
* 1 tbsp coriander seeds (dhaniya seeds)
* 2 tsp cumin seeds (jeera)
* 1 tsp turmeric powder (haldi)
* ½ tsp fenugreek seeds (methi seeds)
* 3 cloves
* 1 tbsp garlic, minced
* 1 tbsp ginger, finely grated
* 1 tbsp tamarind paste
* 1 onion, chopped (divided into two portions)
* 3 tbsp vegetable oil
* ½ tsp black mustard seeds
* 2 tomatoes, pureed
* 3 tbsp coconut milk
* Low sodium salt, to taste
* 1 tsp sugar
* 2 tbsp fresh coriander leaves (dhaniya), chopped

**Instructions:**

**Prepare the Masala Paste**

1. In a blender, add:
2. Red chili powder, coriander seeds, cumin seeds, turmeric, fenugreek seeds, cloves, garlic, ginger, tamarind paste, ½ chopped onion, and 2 tbsp water.
3. Blend to a smooth paste and set aside.

**Cook the Masala Base**

1. Heat 3 tbsp oil in a large pot.
2. Add black mustard seeds and let them splutter for 30 seconds.
3. Add the remaining chopped onion and saute for 3 minutes until softened.
4. Add the masala paste and cook for 3 minutes, stirring continuously.
5. Add the tomato puree and cook for another 4 minutes, until the oil starts separating from the sides.

**Simmer the Curry**

1. Add ½ cup water, coconut milk, sugar, salt, and an extra pinch of chili powder (if desired for extra heat).

* Stir and let the curry simmer for 5 minutes.

**Cook the Fish**

1. Gently add the fish cubes, stir, and let them cook for 3-4 minutes until fully done.

**Garnish & Serve**

1. Garnish with fresh chopped coriander.
2. Serve hot with steamed rice or roti.