**Fish Gassi**

Prep time: 10 min Cook time: 25 min

**Ingredients:**

**For the Fish Marinade:**

* 500g fish fillets (preferably lean fish like Tilapia or King Fish)
* 1 tsp turmeric powder
* 1 tsp red chili powder
* 1 tsp ginger-garlic paste
* Low sodium salt, to taste
* 1 tbsp lemon juice

**For the Curry Paste:**

* 1 cup fresh grated coconut (or coconut milk for a lighter version)
* 2-3 dried red chilies
* 1 tbsp coriander seeds
* 1 tsp cumin seeds
* 4-5 black peppercorns
* 2-3 cloves
* 1-inch piece of cinnamon stick
* 1 medium-sized onion, chopped
* 1 medium-sized tomato, chopped
* 1 tsp ginger-garlic paste
* 1 tsp mustard seeds
* 1 tbsp curry leaves
* 1 tbsp coconut oil (or olive oil for a lighter version)
* Low sodium salt, to taste

**For the Gravy:**

* 2 cups water or vegetable broth
* Fresh coriander leaves for garnish

**Instructions:**

**Marinate the Fish:**

1. In a bowl, mix the fish fillets with turmeric powder, red chili powder, ginger-garlic paste, salt, and lemon juice.
2. Let it sit for 15 minutes to absorb the flavors.

**Prepare the Curry Paste:**

1. Heat a pan and dry roast coriander seeds, cumin seeds, peppercorns, cloves, and cinnamon stick for 2-3 minutes until fragrant.
2. Add the dried red chilies and roast for another minute.
3. Allow the roasted spices to cool, then grind them into a fine paste along with fresh grated coconut. Add a little water to achieve a smooth consistency.

**Cook the Gravy:**

1. In a large pan, heat 1 tbsp coconut oil (or olive oil) over medium heat.
2. Add mustard seeds and let them splutter.
3. Add chopped onions and curry leaves, sautéing until the onions are golden brown.
4. Add ginger-garlic paste and cook for another minute.
5. Then add chopped tomatoes and cook until they soften.

**Combine the Paste with Gravy:**

1. Add the freshly ground coconut-spice paste to the sautéed onion-tomato mixture.
2. Cook for 5 minutes, allowing the flavors to meld.
3. Add 2 cups of water (or vegetable broth) and bring to a gentle boil.
4. Season with salt.

**Cook the Fish:**

1. Gently add the marinated fish fillets to the simmering gravy.
2. Cook for 8-10 minutes or until the fish is fully cooked, ensuring it remains tender and juicy.

**Final Touches:**

1. Garnish with fresh coriander leaves and serve hot.
2. Serve Fish Gassi with steamed brown rice or whole wheat dosa for a wholesome, healthy meal.