**Mangalorean Fish Curry**

Prep time: 10 min Cook time: 25 min

**Ingredients:**

* 500g fresh fish (such as tilapia or kingfish, skinless and boneless)
* 1 tbsp olive oil
* 1 large onion, finely chopped
* 2 tomatoes, chopped
* 1 tbsp ginger-garlic paste
* 2 tbsp Mangalorean fish curry paste (or homemade blend of: 1 tsp turmeric powder, 1 tsp coriander powder, 1 tsp cumin powder, 1 tsp red chili powder, 1 tsp black pepper)
* 1 cup coconut milk
* 1 tbsp tamarind paste (or fresh tamarind extract)
* 2-3 green chilies, slit
* 10-12 curry leaves
* Low sodium salt, to taste
* Fresh coriander leaves, chopped (for garnish)
* Water as needed

**Instructions:**

**Prepare the Fish:**

1. Clean and cut the fish into chunks. Set aside.

**Make the Curry Base:**

1. Heat the coconut oil in a large pan over medium heat. Add curry leaves and green chilies, sauté for 30 seconds until aromatic.
2. Add the finely chopped onions and sauté until golden brown (about 5-7 minutes).
3. Stir occasionally to avoid burning.
4. Add the ginger-garlic paste and sauté for another minute until fragrant.

**Prepare the Gravy:**

1. Add the chopped tomatoes and cook until soft and mushy (about 4-5 minutes).
2. Add the homemade Mangalorean curry paste and mix well.
3. Cook for 2 minutes until the spices are well blended and aromatic.
4. Pour in the grated coconut and add about 1-1.5 cups of water (adjust for desired consistency).
5. Bring it to a simmer.

**Cook the Fish:**

1. Gently add the fish pieces into the simmering curry.
2. Add salt and tamarind paste, stir carefully to mix without breaking the fish.
3. Let the curry simmer for about 10-15 minutes, allowing the fish to absorb the flavors.
4. If using coconut milk, add it now and stir.

**Final Touch:**

1. Garnish with fresh coriander leaves before serving.
2. Serve with steamed rice, chapati, or dosa for a complete meal.