



— Assam Curry Fish Head —

Ingredients

- 1 whole fish head (medium, approximately 325 g)
- 2 tbsp vegetable oil
- 2 cloves shallots, minced
- 2 cloves garlic, minced
- 1.5 tbsp turmeric powder
- 3 chilli padi
- 2.5 tbsp fish curry powder
- 1 stalk curry leaves
- 1 cup of water
- 2 whole tomatoes, wedged
- 1/4 white cabbage, roughly chopped
- 4 whole lady's finger, cut
- 80 g pineapple slices
- 1/3 - 1/2 cup lime juice (to taste)
- 150 ml low-fat evaporated milk
- 2 tsp sugar
- Salt to taste
- Few leaves of coriander (for garnish)

Method

- Steam fish head for 12-15 minutes.
- 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.
- Add chilli padi and crushed curry leaves. Pour in one cup of water and bring to boil.
- Add in the tomato, cabbage, lady's finger and simmer for another 3 to 5 minutes.
- Add another cup of water.
- Add pineapple, lime juice and low fat evaporated milk and stir. Cook for a few more minutes.
- Place the fish head into the gravy and add sugar and salt.
- Turnover the fish head and continue to simmer for another 3 minutes.
- Garnish with coriander leaf.
- Ready to serve.

Nutritional Information

Energy

Total servings

800 kcal

Per serving

200 kcal

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