

## FISH CURRY

- 1 kg Line fish (sliced)
- 1 med thinly sliced onion
- 2 Tablespoons oil
- 2 Teaspoons of garlic paste or 6 cloves of fresh garlic
- 3 Tomatoes ,2 Green chillies, Fresh Coriander Leaves
- a Few Curry Leaves
- 1 Teaspoon salt
- 3 Teaspoons Atlas Seafood Masala
- Juice of half lemon

optional 2 tablespoons of coconut cream/milk  
green mango or quince slices .

### METHOD

- Wash and drain fish well.
- Heat oil in a wide saucepan.
- Add onion and fry until golden.
- Add the Masala and braise for a half minute then add the grated tomatoes along with the garlic.
- Add the salt , lemon juice and approximately 1 cup water cook for 5-10 minutes until a thick gravy has formed.
- Add the fish and continue cooking for a further 10-15 minutes.

garnish with the fresh coriander curry leaves and chillies .

if adding green mango or quince it should be added in the last 10 minutes of the cooking time

serve with rice and papadams and tomato salad(kachoomber)

## FRIED FISH

- 1kg Firm sliced fish(line fish)
- salt and 1/2 lemon juice
- 3 teaspoon Atlas Seafood Masala
- 1 teaspoon crushed garlic or garlic & ginger paste
- 1 tablespoon oil and enough water to form a paste with the Masala
- oil for shallow frying

### METHOD

- Wash and drain fish well.
- rub salt on fish .
- mix lemon juice, Fish masala ,garlic, oil and enough water to form a paste ,smear paste on fish and fry in hot oil until brown on both sides.

serve with salads ,chips dhal with rice & lemon wedges