



## FISH CURRY WITH AUBERGINE

### INGREDIENTS

- One medium flesh Fish (e.g. Jack, Mullet, Red Snapper or Salmon)
- 1 medium Onion
- 10 Curry Leaves
- 8 Cloves Garlic (Optional)
- ¼ tsp. Garlic & Ginger Paste
- 3 tbs. Ragini's Mauritian Curry Powder
- 2 fresh Tomatoes (tinned Tomatoes will do if you don't have any fresh ones)
- 4 tbs. chopped Coriander leaves
- 3 tbs. Veg Oil
- Salt
- Turmeric Powder
- ¼ tsp Methi Seed
- ¼ tsp Black Mustard Seeds
- 5 Small Aubergines cut into quarters length way

### METHOD

- Rub fish with a light dusting of Turmeric powder and Salt
- Heat oil in Karahi (Wok or pan), fry fish for approx. 5 minutes until golden, remove from Karahi
- Fry Aubergine in the same oil for approx. 5 minutes. Remove from Karahi and place on a dish for later
- Peel and slice Onion, Cut Tomatoes into small pieces
- Add ¼ cup of cold water to Ragini's Mauritian Curry Powder to make a paste
- Add Methi and Mustard Seed into hot oil until popping occurs from Mustard seed.
- Add Onion and Peeled whole Garlic to Karahi and cook until translucent (clear)
- Add Curry Leaves, Garlic & Ginger Paste in with the Onions, stir and cook for 1 minute.
- Add Curry paste into Karahi and stir well, leave to cook until oil and curry paste start to separate slightly. If the mixture sticks to the Karahi add ¼ glass of water and stir well.
- Add ½ the chopped Coriander and chopped Tomatoes to curry sauce and mix well, add Salt to taste.
- Add fried fish and fried Aubergine to curry sauce and leave to cook on low heat for 5 minutes.
- Remove from heat and add the rest of the Coriander leaves.
- Serve with rice and / or roti.

WE HOPE YOU ENJOY RAGINI'S FISH CURRY WITH AUBERGINE

*Teggie & Tim*

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