

Spiced Fish and Potato Curry

This healthy Indian main dish features succulent fish simmered in a fragrant onion and potato curry, bringing together rich flavors with a touch of spice. Perfect for a nutritious meal that's easy to prepare!



Main Dish

Indian

30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 150g fish fillet (preferably tilapia or cod)
- 1 medium potato, diced
- 1 small onion, finely chopped
- 1 tablespoon butter
- 1 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- Salt to taste
- Fresh coriander for garnish
- 1 cup water
- Optional: A cup of brewed tea to enjoy on the side

Steps

- 1 In a pan, melt the butter over medium heat. Add cumin seeds and let them sizzle for a few seconds.
- 2 Add the chopped onion and sauté until golden brown.
- 3 Stir in the turmeric powder and diced potatoes; cook for about 5 minutes, stirring occasionally.
- 4 Add water and bring to a boil. Reduce the heat, cover, and let it simmer for about 10 minutes or until the potatoes are tender.
- 5 Add the fish fillet and salt, gently stirring to coat. Cook for an additional 5-7 minutes, until the fish is cooked through.
- 6 Garnish with fresh coriander and serve hot with a cup of brewed tea on the side.