

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	Tumeric powder
3	Chilli padi
2.5 tbsp	Fish curry powder
1 stalk	Curry leaves
1 cup	Water
2 whole	Tomato, 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
To taste	Salt
Few leaves	Coriander (for garnish)

Method

1. Steam fish head for 12-15 minutes.
2. 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.
3. Add chilli padi and crushed curry leaves. Pour in one cup of water and bring to boil.
4. Add in the tomato, cabbage, lady's finger and simmer for another 3 to 5 minutes.
5. Add another cup of water.
6. Add pineapple, lime juice and low fat evaporated milk and stir. Cook for a few more minutes.
7. Place the fish head into the gravy and add sugar and salt.
8. Turnover the fish head and continue to simmer for another 3 minutes.
9. Garnish with coriander leaf.
10. Ready to serve.

Nutritional information	Energy
Total servings 	800 kcal
Per serving 	200 kcal