

# Perch & Potato Curry



Chef: Angelo Georgalli / Photographer: Sally Greer

Everyone loves a hearty fish curry and this one won't disappoint. Perch fillets are perfect for curry, creating a gorgeous blend of texture, fragrance, and taste.

## SERVES:

4

## INGREDIENTS:

### Fish

- 300g perch fillets, skin off
- 2 Tbsp vegetable oil
- 500g potatoes, chopped
- 1 red onion, sliced
- ¼ tsp cumin
- ¼ tsp turmeric
- ¼ tsp ground coriander seeds
- 1 zucchini, sliced
- 1 litre Fish Stock (see separate recipe)
- 2 Tbsp tomato paste
- Salt
- ½ lime
- Fish Rub (see separate recipe)

### TO SERVE

- Fresh coriander leaves, roughly chopped
- Rice, cooked

## INSTRUCTIONS:

1. Into a large bowl smother the perch fillets in fish rub, ensuring the fillets are completely covered. Marinate overnight in the fridge.
2. To make the curry: in a large hot saucepan sauté the potatoes, onion and spices in the vegetable oil until golden brown. Add the zucchini and fry-off for a little longer, then add the fish stock. Turn the heat down to a simmer. Stir in the tomato paste. Add salt to taste and cook for about 30 minutes.
3. Place your marinated fish fillets into the curry with half a lime and its juice. Simmer for a further 10 minutes, being careful not to overcook as the fillets will lose their structure.
4. Serve with fresh coriander leaves and a bowl of rice.
5. Any leftovers will refrigerate in an airtight container for 3-4 days.

**TIP:** The potatoes should be cooked through and soft in the centre before adding the fish.