

UCOOK

Kerala-Style Fish Mappas

with quinoa & coconut flakes

Popular in the Southern Indian state of Kerala, this coconut fish curry is a perfect no-fuss flavour-packed dinner. Served with white quinoa, crisp green leaves, and garnished with a scattering of lightly toasted coconut flakes - a flavour journey awaits you!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 No paired wines

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Ingredients & Prep

225ml	Quinoa
30g	Coconut Flakes
3	Basa Fillets
45ml	Spice & All Things Nice Tikka Curry Paste
15ml	Vegetable Stock
2	Onions <i>peeled & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
2	Tomatoes <i>rinsed & finely diced</i>
300ml	Coconut Milk
8g	Fresh Coriander <i>rinsed & chopped</i>
60g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. FLUFFY QUINOA Rinse the quinoa and place in a pot. Submerge in 600ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and the tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow it to stand off the heat for at least 5 minutes.

2. TOASTED COCONUTS Place the coconut flakes in a pot, large enough for the curry, over a medium heat. Toast for 2-4 minutes until lightly golden, shifting occasionally. Remove from the pan on completion.

3. CURRYLICIOUS BASA Pat the basa dry with paper towel and slice into 3cm chunks. In a bowl, add ½ of the curry paste, 60ml of oil and some seasoning. Mix to combine. Add the sliced basa and toss until coated. Set aside to marinate.

4. SILKY CURRY Boil the kettle. Dilute the stock with 100ml of boiling water. Return the pot to a medium heat with a drizzle of oil. When hot, fry the diced onion for 6-7 minutes until soft and translucent, shifting occasionally. Add the remaining curry paste and the grated garlic. Fry for 2-3 minutes until fragrant, shifting constantly. Stir in the diced tomatoes and cook for 3-4 minutes. Pour in the coconut milk and the diluted stock. Bring up to a boil. Reduce the heat and leave to simmer for 10-12 minutes, stirring occasionally.

5. ALL TOGETHER NOW Add the basa and the marinade to the sauce. Simmer for 5-6 minutes until the basa is cooked through and the sauce is thickening. Remove from the heat and season with a sweetener of choice, salt and pepper. Stir through ½ of the chopped coriander. Dress the rinsed green leaves with some olive oil and some seasoning.

6. WOWZERS! Make a bed of dressed leaves, top with the fluffy quinoa and silky curry. Garnish with the toasted coconut flakes and the remaining coriander. Good job, Chef!

Nutritional Information

Per 100g

Energy	515kJ
Energy	123Kcal
Protein	7.7g
Carbs	11g
of which sugars	2.1g
Fibre	2.1g
Fat	4.9g
of which saturated	3.3g
Sodium	112mg

Allergens

Allium, Sulphites, Fish

Cook
within 2
Days