



*Ranger Nick's*

# *Bengal Fish Curry*



700g firm fish fillets, diced  
1 small tub of natural yoghurt  
1 large, finely chopped onion  
1 cm finely chopped ginger  
2 cloves finely chopped garlic  
5 tbsps oil  
2 - 4 finely chopped green chillies  
2 tbsps freshly chopped coriander

Cutting board  
Sharp knife  
Wooden spoon  
Measuring spoons  
Skillet/ Frying Pan

*Bengal is well known for its fish curries. Yoghurt and coriander contribute to a smooth texture and refreshing taste of this deliciously spiced master piece.*

A rich flavor sensation with a combination of various spices that will suit the majority of your friends and family. Feel free to increase the heat by using hotter varieties of chilli.

## **Cooking Method:**

Heat oil in your skillet and fry onion with ginger until soft. Add spice mix, stir through and cook for a minute. Mix in chillies, garlic and yoghurt, then add fish pieces and stir gently. Bring to a slow boil and let simmer for 6 minutes. Add coriander, take off the heat and serve with rice.

Watch it on Youtube at [https://youtu.be/nuqoP\\_PI4H4](https://youtu.be/nuqoP_PI4H4)