**MARTA KARCZ’S KERALAN FISH CURRY WITH CARROTS AND GREEN BEANS**

**INGREDIENTS**

Serves 3-4

2 tbsp olive oil, for frying

2 medium onions, sliced

2 cloves of garlic, sliced

2 cm piece of fresh ginger, finely grated

2 tsp red curry paste

1 tsp ground cumin

2 carrots, cut on diagonal into thick slices

2 plum tomatoes, peeled and roughly chopped

1/2 tsp turmeric

1/2 tsp soft brown sugar

1/2 tsp cinnamon

2 handfuls green beans, trimmed

1 x 400 ml tin coconut milk

400 g cod fillets, skinned and cut into big chunks

salt & freshly ground black pepper, to taste

juice of 1/2 lime

a handful toasted almond flakes, to serve

fresh coriander, to serve

steamed vegetables, to serve (optional)

cooked brown rice, to serve (optional)

**METHOD**

1. Heat olive oil in a large pan with a fitting lid. Add the onions, garlic, ginger, curry paste and cumin and fry, stirring, for 1 minute. Lower the heat, cover the pan with a lid and let the onions sweat for about 10 minutes until softened. They will start catching at some point and you will need to add a splash of water when that happens; stir every now and then.
2. When the onions have softened, add the carrots, another splash of water, cover and cook, stirring from time to time, for another 10 minutes. Don’t rush this, as that’s when the onions and carrots become sweet and fragrant. Tip in the tomatoes, turmeric, sugar, cinnamon, coconut milk, season to taste and bring to the boil; simmer for 10 minutes.
3. Add the green beans and the fish and cook, uncovered, until the beans are soft, the fish is cooked through and the sauce slightly reduced. Check the seasoning and add a little bit more salt if you think the curry needs it, add plenty of black pepper.
4. Squeeze in the lime juice and serve the curry in bowls sprinkled with flaked almonds and fresh coriander. Serve alongside cooked green vegetables and rice, if you like.

Marta Karcz

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