



## Quick Fish Curry with Cardamom Cauli Rice

Serves 4 | Preparation time 15 minutes |  
Cooking time 30 minutes |

### WHAT YOU'LL NEED

Cardamom Cauli Rice  
1 large head cauliflower  
4 green cardamom pods,  
bruised to release the seeds  
salt and freshly ground  
black pepper to taste

To serve  
1 small bunch fresh coriander  
2 Tbsp roasted slivered almonds  
reserved coconut milk (see above)

1 Tbsp olive oil  
1 Tbsp butter  
900 g hake fillet  
1 tsp each of: turmeric, ground coriander  
ground cumin and dried chilli flakes  
2 tsp medium-hot curry powder or garam masala  
1 cinnamon stick, snapped in half  
2 tsp grated fresh ginger  
1 clove garlic, minced  
1 x 410 g can peeled, chopped tomatoes  
2 Tbsp tomato paste  
1 tsp coconut blossom sugar (or alternative healthy natural sweetener)  
1 x 400 ml can coconut milk (less 2–3 Tbsp set aside to use for serving)  
3 Tbsp ground almonds (not vital if you don't have)

### WHAT TO DO

1. Add the olive oil and butter to a medium-sized saucepan over medium-high heat. When the butter starts to foam, add the spices and fresh ginger to the saucepan and cook for about 1 minute or until fragrant. Add the garlic and cook for another minute.
2. Add the hake fillet to the saucepan and cook for about 5 minutes or until just cooked through and can easily be flaked with a fork.
3. Add the remaining ingredients, turn the heat down to medium-low, and leave to simmer for about 15 minutes. 10 minutes before eating, gently lower the fish fillets into the sauce, cover with a lid and leave to poach gently for 8–10 minutes or until just cooked through and can easily be flaked with a fork.
4. To make the cauli rice, roughly chop the cauliflower and add to a food processor. Pulse until you have rough, rice-like grains. Add about 1cm water to a saucepan, bring to a simmer and then add the cauliflower and cardamom. Cook for 3–4 minutes, drain off any excess liquid and season to taste.
5. Serve the curry and cauli rice in warmed bowls topped with fresh coriander, slivered almonds and an extra drizzle of coconut milk.

Note: The Cauli Rice is optional. Add a can of rinsed and drained lentils for a speedier, simpler option if you prefer.