



## Fish Head Curry with Assorted Vegetables

### Overview

Difficulty: Easy

Servings: 4-6

Preparation Time: 25 minutes

Cooking Time: 50 minutes

## Ingredients

40ml Canola Oil

600ml Fresh Coconut Milk

600ml Fish Stock

1 Medium-sized Snapper Fish Head

2 Medium Eggplants

4 Tomatoes

6 Ladyfingers

5 Stalks Lemongrass

10g Turmeric

15g Curry Powder

40g Ginger

40g Garlic

40g Fresh Coriander

60g Large Red Chilli

100g Large Red Onions

2 Tablespoons Shrimp Paste

To Taste Sugar

To Taste Salt

To Taste Pepper

# Methods

## Step 1

Quarter tomatoes, cut the ladyfingers into threes, the eggplants into thick slices and the large red chillis into large chunks. Chop 1 stalk of the lemongrass, the crush the other 4 stalks.



## Step 2

Blend the turmeric, large red onions, red chilli chunks, garlic, ginger, and the chopped lemongrass, into a paste, using a blender.





### Step 3

In a heated pan, add canola oil and the medium-sized fish head. Season both sides with salt and pepper and sear until both sides turn brown. Then, set the seared fish head aside.



### Step 4

In the same pan, fry the blended paste till fragrant and dry. Add in the curry powder and shrimp paste, and fry until well mixed.



## Step 5

Transfer the seared fish head and cooked paste into a medium sized pot. Add in coconut milk and fish stock.



## Step 6

Let it boil, and add in the ladyfinger, tomatoes, eggplants, crushed lemongrass and fresh coriander. Stir well and simmer for about 20 minutes.



### Step 7

Season with sugar, salt and pepper, to taste.



### Step 8

Enjoy the Fish Head Curry hot, with rice.

