



Pan-Seared Fish with Kerala Style Cashew and Coconut Curry

Recipe by Nares,
Winner of the One Pan One Hour Challenge in Episode 4,
MasterChef Singapore Season 3

SERVES 1

PREP TIME 10MINS

COOK TIME 15MINS

INGREDIENTS

1 locally farmed red snapper
½ **tsp** mustard seed
½ **tsp** fennel seed
½ **tsp** cumin seed
½ sliced red onion
2 small garlic
4 small slices ginger
½ green chilli padi
½ red chilli padi
1 tomato
½ **tsp** turmeric
½ **tsp** chilli powder
½ **tsp** coriander powder
½ **packet** coconut milk
½ lime
salt to season
1 sprig mexican tarragon
1 flower petal of ulam raja flower
A handful cashew nut
1 splash water

METHOD

Fish

1. Fillet fish, season with salt and pepper.
2. Pan fry them in oil for 2 minutes on the skin side.
3. Flip them over after 1 minute.

Curry

1. Toast mustard seed, cumin seed and fennel seed until the fragrance comes through.
2. Add sliced onions, finely chopped garlic and ginger and cook them till they are caramelised and slight brown.
3. Add in chopped tomatoes, turmeric, chilli and coriander powder.
4. Add in coconut milk and juice of ½ lime.
5. Reduce the mixture over heat slightly once it has thickened.
6. Grind a handful of cashew nuts till they are powdered and add a bit of water to make a paste.
7. Add paste to curry mix and stir.
8. Remove from heat after about 1 minute.

Plating

1. Plate the fish right on top of the curry and you're set!

RECIPE SHARED BY

SFA in collaboration with MasterChef Singapore