



SCAN FOR VIDEO

HUMPTY DOO BARRAMUNDI

CURRY WITH COCONUT SAMBAL



HUMPTY DOO BARRAMUNDI CURRY WITH COCONUT SAMBAL

Prep time **25 minutes** | Cooking time **35 minutes** | Serves **4**

A curry is the perfect vehicle for our barramundi fillets, which gently poach to perfection in this flavour-packed Malaysian-style curry sauce, rich with coconut milk and fragrant with spices and fresh curry leaves.

INGREDIENTS

- 4 Humpty Doo Barramundi Fillets
- 2 tbsp coconut oil
- 1 brown onion, thinly sliced
- 2 tbsp finely grated ginger
- 2 garlic cloves, finely chopped
- 2 long green chillies, thinly sliced, plus extra to serve
- 2 coriander clusters with roots attached
- 2 large sprigs of curry leaves (12–15 leaves)
- 3 1/2 tsp ground turmeric
- 2 tsp garam masala
- 2 tsp fennel seeds
- 1/2 tsp ground chilli, or to taste
- 200g cherry tomatoes, halved
- 400g can of coconut milk
- 1 tbsp tamarind puree
- 1 tbsp fish sauce
- 2 tsp palm sugar or coconut sugar, or to taste
- 150g baby beans, trimmed
- Juice of 1 lime, plus extra wedges, to serve
- Warmed roti, to serve

COCONUT SAMBAL

- 1 tbsp coconut oil
- 10 garlic cloves, bruised
- 90g (1 cup) shredded coconut
- 2 tbsp sesame seeds
- 2 tsp Kashmiri chilli powder, or to taste

5 SIMPLE STEPS

1. To make the coconut sambal, heat oil in a frying pan over medium-high heat, add garlic and fry, stirring occasionally for 2–3 minutes until light golden. Add coconut and sesame seeds and stir occasionally for 2–3 minutes until toasted. Stir in chilli powder and 1 tsp salt, transfer to a small food processor or blender. Process until finely chopped. Refrigerate in an airtight container for up to 1 week.
2. Meanwhile, heat the coconut oil in a shallow wide casserole or large deep-frying pan over medium-high heat. Add the onion and sauté, stirring occasionally, for 6–8 minutes until very tender.
3. Wash the roots of the coriander thoroughly to remove any grit. Finely chop the roots and stems and reserve the coriander leaves separately. Add the coriander roots and stems to the onion mixture along with the ginger, garlic, chilli, and curry leaves. Sauté for another minute or two until fragrant.
4. Add the spices to the pan, stir for 30 seconds to until fragrant, then add the tomatoes and cook, stirring occasionally, for 4–5 minutes until the tomatoes begin to break down. Add the coconut milk, tamarind, fish sauce and palm sugar along with 300ml water. Bring to the simmer and cook for 5–6 minutes to develop the flavours and reduce the sauce slightly.
5. Add the barramundi to the pan in a single layer, cover and simmer for 6–8 minutes until the barramundi is just tender, adding the beans to the pan in the last minute or two of cooking. Add the lime juice and check the seasoning, adjusting with extra fish sauce or palm sugar if necessary. Serve scattered with coriander, with steamed rice, coconut sambal, lime wedges and roti.