



SPOTLIGHT RECIPE
COUNTRY - FIJI

COD SURUWA

(FIJIAN FISH CURRY)

SERVES 8

INGREDIENTS

- 3 tablespoons canola oil
- 1/2 cup onion, diced
- 1 cinnamon stick
- 1 tablespoon garlic, minced
- 2 teaspoons red pepper flakes
- 2 teaspoons garam masala
- 1 teaspoon ground toasted cumin
- 1 teaspoon ground turmeric
- 1 cup tomato, diced
- 1 tablespoon salt
- Eight 6-ounce cod filets
- 2 teaspoons fresh lemon juice
- 2 1/2 cups coconut milk
- Freshly chopped cilantro for garnish

DIRECTIONS

In a large skillet, drizzle the oil over medium heat.

Once heated, add the onion and the cinnamon stick. Cook until the onion begins to soften, then mix in the garlic and red pepper flakes. Cook until just fragrant and stir in the garam masala, cumin and turmeric.

Once fragrant, add the tomatoes and salt and cook, stirring occasionally, until the tomatoes start to break down, about 15 minutes.

Add the cod filets to the pan and drizzle the lemon juice over the top. Cook for 5 minutes on low heat.

Add the coconut milk and simmer just until the fish is cooked through, about 5 minutes. Garnish with the cilantro.

Keep hot until ready to serve.

Side dishes

Steamed Jasmine Rice • Coriander Roasted Carrots

