

# Tilapia Curry with Roasted Spices

Modern Spice by Monica Bhide



*An Indian-inspired quick fish dish made in one pan.*

- 2 whole red chiles, or 1 tsp. red chile flakes
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1/2 teaspoon black peppercorns
- 1/2 teaspoon fenugreek (omit if you don't have it)
- 2 tablespoons vegetable oil
- 1 medium red onion, minced
- 2 teaspoons fresh ginger, grated
- 2 teaspoons minced garlic
- 1 teaspoon ground turmeric
- 1/4 teaspoon salt
- 15 ounces light coconut milk (15 ounce)
- 1 pound tilapia fillets, cubed

*Serving Ideas: Serve with basmati rice (no, no substitutions of other kinds of rice).*

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 4

1. Heat a small dry skillet over medium heat. Add the chiles, coriander, cumin, peppercorns and fenugreek. Toast the spices, stirring often, for 30 to 45 seconds, or until the spices are fragrant. Immediately transfer the spices to a bowl to cool, then transfer to a spice grinder or mortar and pestle and grind into a fine powder. Set aside.
2. In a large deep skillet over medium, heat the oil. Add the onion, cook for 2-3 minutes, then add ginger and garlic, and saute for 4 to 5 minutes, or until the onions are light brown. Add the turmeric, ground spices and salt, then stir well.
3. Add the coconut milk and bring to a gentle boil. Add the tilapia and cook over medium-low until the fish is cooked through, about 10 minutes. If desired, serve with rice.

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Per Serving (excluding unknown items): 308 Calories; 17g Fat (46.5% calories from fat); 31g Protein; 13g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 232mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat.