



AQUAPONICS TILAPIA FISH CURRY

Okra, Tomato, Eggplant

(Serves 2) EASY ★☆☆☆ TIME: 40mins



INGREDIENTS

Tilapia Fillet	2 pcs
Fish Curry Powder	10gm
Fish Curry Mustard Paste Premix	300gm
Water	400ml
Okra, cut in halves	5 pcs
Tomato, wedges	1 pc
Eggplant, thickly sliced	1 pc
Curry Leaves	15-18 pcs
Red Chili, sliced	2 pcs
Coriander cut lengthwise	2 sprigs
Evaporated Milk	100ml
Olive Oil	
Sugar, to taste	
Salt, to taste	

METHOD

1. Marinate fish fillets with curry powder, salt, olive oil and set aside in fridge for 20 minutes.
2. Heat olive oil in a wok with medium high heat. Add in curry premix, curry leaves & water. Bring to boil, and then add cut vegetables followed by fish fillets. Simmer for 15 minutes.
3. Season with sugar, salt and evaporated milk.
4. Garnish with red cut chili and coriander.
5. Ready to serve.


*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
RECIPES AND
IMAGES ONLINE!

