

# Malaysian fish curry

Introduce the world of Malaysian cuisine to your menu with this flavourful and nourishing fish curry. A perfect blend of nutrition and taste for the little ones at your day care.



## Ingredients

Serves  people

**Brown rice** - 180g

**Long fresh red chilli, deseeded, roughly chopped (optional)** - 5g (0.25 whole)

**Garlic clove, roughly chopped** - 3g (1 clove)

**Canola oil** - 1 tablespoon

**Lemongrass paste** - 0.5 teaspoon (2.5g)

**Curry powder (no added salt - see recipe tips)**  
- 0.5 teaspoon (1g)

**Ground turmeric** - 0.5 teaspoon (1g)

**Sweet potato, cut into 1cm pieces** - 180g (1 whole)

**Reduced-salt vegetable stock powder** - 2 teaspoons (4g)

**Boiling water** - 0.5 cup (125mL)

**Firm white fish fillets, cut into 3cm pieces** - 360g

## Method

- 1 Cook rice according to packet instructions.
- 2 In a small food processor or blender, add chilli, garlic, oil, lemongrass, curry powder and turmeric and blitz until a paste forms.
- 3 Heat a large non-stick wok on medium-high heat. Add curry paste and cook for 1 minute or until fragrant. Add sweet potato, stock and water and simmer, stirring occasionally, for 10 minutes or until the sweet potato is just tender.
- 4 Reduce heat to medium and add fish, beans, zucchini and coconut milk. Simmer, stirring occasionally, for 10-15 minutes, until the fish is cooked through and the vegetables are tender.
- 5 Serve curry with rice.

**Green beans, trimmed, halved - 90g**

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**Zucchini, halved lengthways, thinly sliced -  
180g (1.5 whole)**

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**Light coconut milk - 400mL**

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## Allergy, intolerance, and dietary preference modifications

- \*For gluten free, ensure a curry powder is selected that does not contain gluten, or make curry powder yourself, using recipe in recipe tips.
- Fish / shellfish allergy – swap fish for chicken or tofu.
- For Vegan / vegetarian – swap fish for tofu.

This recipe does not account for potential contamination that may occur through manufacturing and processing. Ingredients in this recipe may still have precautionary allergen food labelling (e.g. “may contain traces of”).

When preparing this recipe, it is important to:

- double-check the label of ingredients every time you make it
- prevent any contamination during preparation, cooking and serving.

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## Recipe tips

- Any firm white fish would work well in this recipe, such as: barramundi, snapper, pink ling, monkfish, blue eye cod or basa.
- For larger serves, you will need to cook the ingredients in batches or across 2-4 large, deep frying pans or woks.
- You can use frozen fish as a budget-friendly option.
- Use frozen beans and cauliflower as a budget-friendly option.

- The easiest way to cook rice is in the rice cooker or pressure cooker. For the pressure cooker method, add a ratio of 1:1 rice to water to the pressure cooker. Seal pressure cooker and cook for 3 minutes, then slowly release the pressure.
- To make your own no-added-salt curry powder, combine 1.5 tablespoon ground coriander, 1.5 tablespoon ground cumin, 1 tablespoon ground turmeric, 2 teaspoon ground ginger, 1 teaspoon mustard powder, 0.5 teaspoon freshly ground black pepper, 1 teaspoon ground cinnamon, 0.5 teaspoon ground cardamom, 0.125 teaspoon ground cayenne pepper.

## Each serve provides

Food group	Children's serves
Vegetables	1 children's serve
Meat/ alternatives	1 children's serve
Grains	1 children's serve

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

**Written and reviewed by dietitians and nutritionists at Nutrition Australia, with support from the Victorian Government.**



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