



free goan recipe



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Easy Goan Fish Curry

ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Goan paste
- chilli to taste
- 1/2 cup chopped coriander leaves
- 4 tbsp Greek yoghurt or coconut milk
- 500g of diced fish

method

Heat 1 tbsp oil in a pot.
Add a diced onion and brown thoroughly.
Add 50g of Island Curries Goan paste, stir 3-4 minutes and add chilli powder to taste (1/4 tsp = hot).
Add 1 tbs chopped coriander.
Add 4 tbsp Greek yoghurt, stir and simmer.
Add 500g of diced fish.
Reduce heat to low and cook for 10-20 mins until fish is cooked.
Serve with basmati rice.

Goan Meatballs with Pork, Beef or Lamb

ingredients

- 50g Island Curries Goan paste
- 500g mince
- 1 onion, finely diced
- 1 egg

method

Crack the egg into a bowl, and lightly beat with a fork. Then add the rest of the ingredients and mix thoroughly with 50g Island Curries Goan paste.
Roll into 2 cm balls and place on a tray covered in baking paper.
Cook in the oven at 190C for 30 minutes.
When finished, serve hot or cold.

Goes well with Chennai Tomato Curry recipe (see over page).



chennai

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Tomato Curry or Spicy Dip

ingredients

- 2 x 50g Island Curries Chennai paste
- 2 cans crushed tomatoes
- chilli powder
- 1/2 cup chopped coriander leaves

method

In a large frying pan cook 2 x 50g satchels of Island Curries Chennai paste in 1/2 cup of water on high heat for 5 minutes. Add two 400gm tins of crushed tomatoes & reduce heat. Simmer for 30 minutes. Add chilli powder if desired (1/4 tsp = hot). Add chopped coriander leaves. Serve with other curries, or mixed with rice or pasta, or reduce further to use as a dip.

Goes well with Goan Meatball recipe (see over page).

Quick Chennai Prawn Curry

ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Goan paste
- chilli to taste
- 1/2 cup chopped coriander leaves
- 4 tbsp Greek yoghurt or coconut milk
- 500g of prawns

method

Heat 1 tbsp oil in a pot. Add a diced onion and brown thoroughly. Add 50g of Island Curries Goan paste, stir 3-4 minutes and add chilli powder to taste (1/4 tsp = hot). Add 1 tbsp chopped coriander. Add 4 tbsp Greek yoghurt, stir and simmer. Add 500g of prawns. Reduce heat to low and cook for 10-20 mins until prawns are cooked. Serve with basmati rice.



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