



# free goan recipe



## NEW Tasmanian made curry pastes!

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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).**



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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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