

Fried Cod with Tamarind & Onion Sambal



Serves 2

Prep 10 mins

Cooking 30 mins

Easy

Ingredients

1 onion, chopped
4 medium plum tomatoes, diced
2 tsp palm sugar or soft brown sugar
1 tbsp tamarind paste
1 lemon. 3/4 juiced. 1/4 cut into wedges, to serve
3 tbsp sunflower oil
2 large skinless cod fillets
1 tbsp plain flour
1 tsp ground turmeric
1 egg, beaten
75g ground almonds
a handful parsley leaves, to serve
pak choi or other green veg
sesame oil., to serve

1. Put the onion, tomatoes, sugar, tamarind and lemon juice in a small pan with 1 tbsp of the oil and cook over a low heat for 30-35 mins, stirring occasionally, or until the onions are really soft and golden. Keep warm.
2. Season the cod, then mix the flour and turmeric in a bowl and dust the fillets all over. Put the beaten egg on a shallow plate, and tip the ground almonds onto another plate. Dip 1 fillet at a time into the egg, shake off any excess, then dip into the ground almonds to lightly coat.
3. Heat a non-stick frying pan with the remaining oil and fry the fish for 3 mins or until golden and crisp, then carefully turn. Carry on frying until golden on the other side, and the fish flakes easily. Serve each fillet with a big spoonful of the sambal and scatter with the parsley. Serve with a lemon wedge for squeezing over and some blanched green vegetables dressed in sesame oil.