

Fried plantains and Coconut Curry Fish

Ian - Admin · 03/01/2023



Prep Time

55

Difficult

Medium

Servings

4

Description

This meal consists of fried plantains and coconut curry tilapia fish. The fried plantains are a carbohydrate-rich side dish, while the coconut curry tilapia is a source of protein. The coconut milk used in the curry adds some fat to the dish.

Ingredients

- 4 Tilapia Fish
- 2 cups coconut milk
- 1 medium onion diced
- 2 cloves garlic minced
- 1 tablespoon curry powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 2 plantains peeled and sliced into 1/4-inch slices
- 1 cup all-purpose flour
- 2 eggs beaten
- 1 cup breadcrumbs
- 1/2 teaspoon salt
- 2 plantains peeled and sliced into 1/4-inch slices
- 1 cup all-purpose flour
- 2 eggs beaten
- 1 cup breadcrumbs

Instructions

1. In a small bowl mix together the curry powder cumin paprika chili powder and salt
2. Heat a large skillet over medium heat
3. Add the coconut milk onion and garlic and bring to a simmer
4. Add the tilapia fillets and sprinkle with the spice mixture Cover and cook for 6-8 minutes until the fish is cooked through
5. While the fish is cooking heat a large pot or deep fryer filled with vegetable oil over medium-high heat
6. In a shallow dish place the flour in a separate shallow dish
7. Beat the eggs in a third shallow dish place the breadcrumbs
8. Dip the plantain slices first in the flour shaking off any excess
9. Then dip them in the beaten eggs and finally coat them in the breadcrumbs
10. Carefully place the breaded plantains in the hot oil and fry for 2-3 minutes on each side until they are golden brown
11. Remove the plantains from the oil and place them on a paper towel-lined plate to drain
12. To serve divide the coconut curry tilapia and fried plantains among 4 plates
13. Garnish with chopped fresh cilantro
14. Enjoy!