

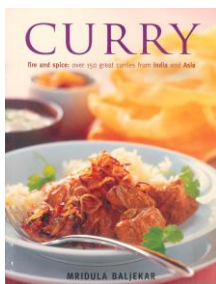
Ingrediënten

1 onion
 1 red (bell) pepper
 1 green (bell) pepper
 45ml/3 tbsp vegetable oil
 1.5ml/¼ tsp cumin seeds
 2.5ml/½ tsp ground cumin
 2.5ml/½ tsp ground coriander
 2.5ml/½ tsp chilli powder
 1.5ml/¼ tsp salt
 2 garlic cloves, crushed
 400g/14oz can tuna, drained
 1 fresh green chilli, finely chopped
 2.5cm/1 in piece fresh root ginger, grated
 1.5ml/¼ tsp garam masala
 5ml/1 tsp lemon juice
 30ml/2 tbsp chopped fresh coriander
 (cilantro)
 fresh coriander (cilantro) sprig,
 to garnish
 pitta bread and Cucumber Raita, to serve



In Bengal, fish curry and rice are eaten together on a daily basis. This is a rather unusual dish, using canned tuna cooked in the style of jhalfrazi, and is ideal for lunch or supper. Served with boiled basmati rice and tarka dhal, it will also make a satisfying family meal.

Bron



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Recept



1 Thinly slice the onion and the red and green peppers. Set aside.

2 Heat the oil in a wok, karahi or large pan over a medium heat and fry the cumin seeds for 30–40 seconds until they begin to splutter.

3 Add the ground cumin and coriander, chilli powder and salt to the pan. Cook for 2 minutes. Add the garlic, onion and peppers and increase the heat a little.

4 Stir-fry the vegetables for 5–7 minutes until the onions have browned.

5 Stir in the tuna, fresh chilli and grated ginger and cook for 5 minutes more.

6 Add the garam masala, lemon juice and fresh coriander and continue to cook for a further 3–4 minutes. Serve in warmed pitta bread with the Cucumber Raita, garnished with fresh coriander.

COOK'S TIP

Place the pitta bread on a grill (broiler) rack and grill (broil) until it puffs up. It will then be easy to split with a sharp knife.

Info Martine Lycke

Snijden:

1 ui

Rode paprika

Groen paprika

Groene chili

2 teentjes look

3 el olie

¼ kl komijnzaadjes bakken tot beginnen te spetteren (30/40 sec)

Kruiden toevoegen:

½ kl Gemalen komijn

½ kl Gemalen koriander

½ kl Chili -> iets

Zout

2 minuten bakken

2 Look

1 Ui

groene en rode paprika

Meebakken 5/7 minuten tot ui bruin is

1 blik Tonijn

1 Groene chili

1 kl gemberpasta

5 minuten bakken

¼ kl Garam masala

1 el Citroensap

(2 el verse koriander)

3/4 minuten bakken

Opgerold in wrap

Saus: Griekse yoghurt, melk, look, peterselie

Fotos

