



# Singapore Fish Head Curry



Lower in Sodium

## Ingredients



Prep time  
40 mins



Cook time  
60 mins



Serves up to  
4 pax

- 1 medium-sized fish head, cleaned and halved
- 3 tbsp lower-sodium salt for marinating
- 3 tbsp turmeric powder
- 2 tbsp healthier oil
- 1 packet lower-sodium instant curry paste
- 2 sprigs curry leaves
- 80g shallots, minced
- 30g garlic, minced
- 2 tomatoes, diced
- 1 cup low-fat coconut milk
- 2 tbsp tamarind juice
- 1 pack ladyfingers, cut into chunks
- 1 pack eggplant, cut into chunks
- A pinch of lower-sodium salt to taste

# Steps

**01** Rub the fish head with 1 tbsp turmeric powder and 3 tbsp lower-sodium salt. Rest the marinated fish head for about 30 mins then rinse off the marinade and set aside.

**02** Heat healthier oil in a wok on medium-high heat. Fry the curry paste with the remaining turmeric powder, curry leaves, shallots, and garlic until fragrant.

**03** Add tomatoes. Continue to fry until the mixture becomes a thickened paste.

**04** Add coconut milk and tamarind juice gradually to lighten the curry paste. Continue to simmer on medium-low heat until the gravy thickens.

**05** Add the vegetables and fish head to the gravy. Make sure that the whole fish head is submerged.

**06** Cover and cook until the fish head has cooked through and vegetables have softened.

**07** Season to taste and serve hot.

## Make it healthier!



Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as tomatoes, instead of salt, for added depth of flavour.



Choose healthier choice oils which are lower in saturated fat. Heat oil until hot before stir-frying to shorten cooking time and reduce the amount of oil absorbed by the ingredients.



Enjoy all foods in moderation. To reduce your sodium consumption, try adding gravy to your rice gradually as you eat, instead of soaking your rice with gravy at the start of your meal.