SRI LANKAN · LUNCH · DINNER

Sri Lankan Tuna Curry (Malu Curry)

35 min · Serves 4 · 237 kcal a serve · Video 4:29 · Ceylon Kitchen

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

About 100 g of tuna per serve gives roughly 30 g of protein and more than a day's vitamin B12 and selenium, in a coconut-free gravy soured with goraka. Just 2 tbsp of oil for the whole pot.

Diet notes: Low saturated fat (1 g, 4% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the oil.

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Ingredients 20 · SERVES 4

- [ ] 500 g **yellowfin tuna**, cut into chunks
- [ ] 1 tsp **pepper powder**, for the marinade
- [ ] 1 tsp **turmeric powder**, for the marinade
- [ ] ½ tsp **salt**, for the marinade
- [ ] 1 tbsp goraka (garcinia) cream
- [ ] 3 **garlic** cloves
- [ ] 3 cardamom pods and 3 **cloves**
- [ ] 2 tbsp **oil**
- [ ] ½ tsp **mustard seeds**
- [ ] ½ **onion**, sliced
- [ ] **Dried herbs**: a few curry leaves and a little pandan (rampe) leaf
- [ ] 2 **green chillies**, chopped
- [ ] a small piece of **cinnamon** stick
- [ ] 2 tbsp **chilli powder**
- [ ] 1 tbsp **roasted curry powder**
- [ ] 1 tsp **curry powder**
- [ ] 350 ml **water**
- [ ] ¼ tsp **fenugreek seeds**
- [ ] **salt** to taste
- [ ] 1 tsp **pepper powder**, to finish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toss the tuna chunks with the salt, 1 tsp pepper and the turmeric and leave to marinate while you prepare everything else. 0:23
2. Grind the goraka cream, garlic, cardamom and cloves to a coarse paste. 0:58
3. Heat the oil in a clay pot or heavy pan. Add the mustard seeds, then the onion, curry leaves, pandan, green chillies and cinnamon and stir-fry until fragrant. 1:24
4. Add the chilli powder, roasted curry powder, curry powder and the goraka paste and stir constantly for about a minute so the spices toast without burning. 2:15
5. Pour in the water, add the fenugreek and salt to taste, and boil for 2 minutes over high heat. 2:47
6. Add the tuna, mix gently and cook for 7–8 minutes over medium heat until just cooked through. Sprinkle over 1 tsp pepper, mix briefly and serve with rice. 3:09

> **Tip** Serves 4 (our estimate). It is fiery: halve the chilli powder for a milder curry. Goraka is sold at Sri Lankan grocers; 1 tbsp tamarind paste works instead. Keeps 2 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
237 kcal	31 g	10 g
990 kJ	61% of a day	6.3 g net · 3.1 g sugars
		4% of a day

FIBRE	FAT	SODIUM
3.9 g	8.8 g	730 mg
14% of a day	1 g saturated	32% of a day
	11% of a day	

Energy from net carbs 11% · protein 54% · fat 35% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 392% · Selenium 170% · Vitamin B6 62% · Omega-3 60% · Vitamin E 23%

Source of (10–19%) Magnesium 18% · Iron 17% · Vitamin A 12% · Vitamin K 12% · Potassium 11% · Vitamin D 10%

Recipe and video: Ceylon Kitchen (@CeylonKitchen) on YouTube — youtube.com/watch?v=n-L9b5HzGgI, published 23 June 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sri-lankan-tuna-fish-curry