
Tilapia Fisch-Stew with Savoy



Difficulty
simple



Preparation
30 Minutes



Cooking time
30 Minutes



Nutrients
high



Ingredients

- 300 grams tilapia fillet (back fillet)
 - Juice of 1 lime
 - 2 teaspoons yellow mustard seeds
 - 1 onion (diced)
 - 2 celery stalks (finely chopped)
 - 2 garlic cloves (finely chopped)
 - 1 tablespoon mild curry powder
 - 1 tablespoon rapeseed oil
 - 500 ml fish stock (or vegetable stock)
 - 2 tomatoes (diced)
 - 250 g savoy cabbage (cut into 2-3 cm pieces)
 - 5 tbsp brown lentils (canned, drained)
 - 100 g cream yogurt (10% fat)
 - 2 tbsp grainy mustard
 - 1 tsp fish sauce
 - Salt
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Preparation

1. Rinse the fish under cold water, pat dry, and cut into 3–4 cm pieces. Drizzle the fish pieces with lime juice.
2. Sauté the mustard seeds, onion, celery (reserve the leaves for later), garlic, and curry powder in hot rapeseed oil, stirring constantly. Add the fish stock, tomatoes, and Savoy cabbage pieces, bring to a boil, cover, and simmer over low heat for 8–10 minutes.
3. Add the lentils and fish and cook over low heat for about 7 minutes. Stir together the yogurt and mustard.
4. Season the stew with 2–3 tablespoons of lime juice, fish sauce, and salt, if needed. Serve with the yogurt and reserved celery leaves.