



One of my favorite things about tilapia is you can cook it a million different ways. My garlic ukwaju whole tilapia curry is my new fave! <3



Ingredients

1 medium sized tilapia	Dania (both stems & leaves)
1 teaspoon of thyme	4 cloves of garlic, minced
1 ½ tablespoon of curry	1 tablespoon of tomato paste
1 teaspoon of black pepper	2 tablespoons of ukwaju paste
½ a teaspoon of clove	2 bay leaves
1 teaspoon of ginger spice	Salt to taste
½ a teaspoon of cinnamon	Vegetable oil for frying
2 tomatoes, minced	
1 red onion, finely chopped	

Method

In your sufuria, add the red onions, dania stems and garlic. Sautee this for a few minutes then add the tomatoes, tomato paste, salt, followed by the bay leaves. Let this simmer for few minutes then add all the spices. Sautee this for about 5 minutes until thickened then scoop out a bowlful of the mchuzi. Add the whole tilapia, then slather the scooped out portion. Cover with a lid and let it simmer on low heat for another 5-10 min.

Once done, garnish with finely chopped dania and dig right in!!!.



SERVE WITH: steaming hot ugali and your favorite veggies

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/garlic-ukwaju-whole-tilapia-curry/>

Video: <https://youtu.be/dKvF3vszcCk>