



Quick Fish Curry

Serves 2

Prep time: 5 minutes

Cooking time: 15-20 minutes

Per portion

Calories: 194

Fat: 3.4g

Saturates: 0.6g

Carbs: 14.1g

of which sugars: 8.9g

Salt: 0.70g

Ingredients:

- 300g white fish cut into large chunks
- 220ml coconut milk
- 1 medium white onion, peeled and finely chopped
- 1 tbsp garam masala
- 1 tsp turmeric
- ½ tsp fennel seeds
- 1 tsp ground cumin
- 1 cm piece of fresh root ginger, peeled and grated
- 1 clove of garlic, peeled and finely chopped
- 1 tbsp fresh coriander, chopped
- ½ green chilli deseeded and finely diced

Instructions:

Heat a large non-stick frying pan to a medium heat. Add the onion and garlic and cook gently until softened.

Add the garam masala, turmeric, fennel seeds, ginger and ground cumin. Cook for a further couple of minutes.

Add the coconut milk and reduce the heat to a simmer for 3-4 minutes.

Add the fish and cook for a further 5-10 minutes until tender, stirring occasionally.

Just before serving stir in the coriander and serve with the fresh green chilli sprinkled over the top. Great served with rice or a naan bread

Tip: if you don't have turmeric and garam masala – use 1 ¼ tbsps. of curry powder