



GOAN FISH CURRY

INGREDIENTS

- 1 tbsp oil
- 1 onion, chopped
- 1 tbsp curry powder
- 1/2 red pepper, chopped
- 1/2 tin chick peas, drained
- 1/2 tin coconut milk
- 1 vegetable stock cube
- 400g skinless boneless white fish
- juice of 1 lemon
- 1/4 tsp dried chilli flakes

**WHITE FISH IS LOW IN FAT
MAKING IT ONE OF THE
HEALTHIEST
ALTERNATIVES TO RED
OR PROCESSED MEAT**

DIRECTIONS

- 1. Cook the rice as instructed on the packet***
- 2. Fry the onion in oil until soft. Add the curry powder and cook for 2-3 minutes, stirring constantly***
- 3. Stir in the red pepper, chick peas, chilli flakes, coconut milk and stock cube and bring to a gentle boil***
- 4. Continue to cook to reduce the liquid then add the fish and cook for 5 minutes if fresh, or 15 minutes if frozen***
- 5. Stir in the lemon juice and serve with the rice***