

Cod Curry in a Hurry



Prep time: 5 minutes
Cooking time: 10-12 minutes
Serves: 2

Ingredients

- 4 fillets of cod or any other white fish
- 2 tbsps curry powder
- 2 peppers diced
- 2 Granny Smith apples, diced
- 1 large onion diced
- 2 cloves of garlic crushed
- 2 tsps coriander chopped
- 1 large tin of coconut milk

Alternative Fish

- Coley
- Gurnard
- Haddock
- Hake
- Ling
- Monkfish
- Pollack and Pollock
- Whiting

1. Heat a little oil in a pan over a medium heat and add the diced onion and crushed garlic. Cook gently for a few minutes until these are translucent.
2. Then add the curry powder, diced apples and peppers before then cooking gently for 1 minute. Next add in the fish chunks and stir in coconut milk.
3. Turn the heat down slightly so all the ingredients are simmering in the pan and cook for 10 minutes. The sauce should have reduced and thickened slightly, if it hasn't don't worry just give it an extra few minutes to simmer.
4. Serve with rice, naan bread or japatris and sprinkle with coriander for your guests.