







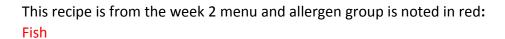




## STAR RECIPE: GOHAN FISH CURRY

(Serves 4)









2 onions - diced	6 mixed peppers - sliced
3 courgettes – sliced	2 garlic cloves - grated
4tbsp vegetable oil	Ginger - thumb sized piece - grated
1tbsp – ground coriander	1tbsp - garam masala powder
1tbsp – ground turmeric	1tbsp – ground cumin
1tbsp – cinnamon powder	2 tins – chopped tomatoes
350g cooked pollock - flaked	1 bunch – fresh coriander - chopped







## Method

- 1. Make a curry paste by adding the garlic, ginger, garam masala powder, ground coriander, turmeric, cumin and cinnamon to the oil and mix well.
- 2. In a large pan, cook the curry paste on a medium-low heat for 4 minutes.
- 3. Add the diced onions and cook for a further 5-7 minutes.
- 4. Mix in the peppers and courgettes and continue to cook for another 5 minutes.
- Add the chopped tomatoes and leave to simmer on a low heat for 40 minutes.
- 6. Remove the pan from the heat and add the flaked pollock and chopped coriander.
- 7. Season to taste with salt and pepper.















