

# STAR RECIPE:

## GOHAN FISH CURRY

### (Serves 4)

This recipe is from the week 2 menu and allergen group is noted in red:  
Fish

#### Ingredients

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.
5. 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.

Serve with Naan bread, mango chutney and rice or potatoes and enjoy 😊