

Modified Caribbean Fish Curry



Provides 2 servings. Preparation time is 30 minutes

Ingredients:

250g Smoked Haddock, fresh and boneless
 125g Cod fish, boneless
 3 cloves of garlic, chopped
 Half scotch bonnet pepper, chopped
 4 spring onions, chopped
 4 stems fresh thyme
 1 small root ginger, peeled and finely chopped
 50g Fresh carrots, peeled and sliced
 1 teaspoonful Curry powder
 Half teaspoonful black pepper
 Half fresh Lemon
 50g fresh tomato or Tinned chopped tomato 50g
 1 large onion, chopped
 4 sprays live oil spray 4
 3 Teaspoonful of reduced fat coconut milk
 1 cup of water or more

Preparation method:

Warm lidded cooking pot or frying pan at low heat and spray with 4 sprays of olive oil spray. Stir in chopped onions, ginger, garlic and spring onions, and increase the heat to medium. Add the curry powder and keep stirring until the onions soften and everything starts to clump together. Add the chopped tomato, cover the pot with the lid and bring to a simmer. Add carrot, thyme, coconut milk and water. Pop the lid and simmer for 5 minutes. Add the haddock and cod plus a squeeze of lemon and black pepper. Cover and leave to simmer for another 10 minutes or until the haddock and cod are just cooked and flaking.

Nutritional information per 100g of edible portion:

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|--|--------------|
| Energy (kcal / kJ) | 50kcal/211kJ |
| Total Fat (g) <i>of which saturated fatty acids (g)</i> | 0.5 0.2 |
| Carbohydrates (g) <i>of which sugars (g)</i> | 3.6 2.1 |
| Dietary fibre (g) | 1.0 |
| Protein (g) | 7.2 |
| Salt (g) | 0.22 |

Each 200g portion contains:

| ENERGY | FAT | SATURATES | SUGARS | SALT |
|------------------|------|-----------|--------|-------|
| 100kcal 422kJ | 0.9g | 0.3g | 4.1g | 0.45g |
| 5% | 1% | 2% | 5% | 8% |

of an adult's reference intake