


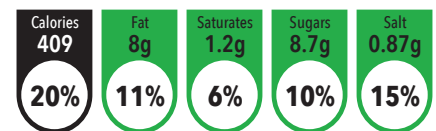




QUICK TOMATO & FISH CURRY

-  **Prep: 5 minutes**
-  **Cook: 15 minutes**
-  **Serves: 2**

Each serving contains



of your guideline daily amount

Ingredients:

- ½ tbsp oil
- 6 tomatoes, roughly chopped
- 1 clove garlic, chopped
- 1 small green chilli, deseeded and finely chopped
- 4 spring onions, sliced
- ½ tsp **LoSalt**
- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ tsp black mustard seeds
- ¼ tsp turmeric
- 2 cod loins, approx. 260g, cut into large chunks
- ½ x 25g pack coriander, chopped
- Cooked brown basmati rice to serve

Method:

1. Heat the oil in a medium saucepan and fry the tomatoes, garlic, chilli and the whites of the spring onions, covered, for 5 minutes.
2. Blend the **LoSalt** with the spices and add to the tomatoes, cover and cook for a further 3 minutes until pulpy in texture.
3. Stir in 100ml water and nestle in the cod, sprinkle over the green parts of the spring onions and cook, covered, for a further 4-5 minutes until the cod is just cooked through. Gently stir in most of the coriander.
4. Sprinkle with remaining coriander and serve with rice.

COOKS TIP:

Try freezing in 2 batches for future use. Add the chilli seeds for a spicier version.