



FANCY FISH CURRY

By Mr Colchester and Miss Ormes



INGREDIENTS

- fresh white fish
- 2 tins of chopped tomatoes
- red onion (chopped)
- rice
- chickpeas
- curry powder (2 tbsp)
- garlic
- ginger

PREP TIME

- Prep | 2 m
- Cook | 15 m
- Ready in | 17 m

PROCEDURE

01

Fry the onions for about 2-3 mins until they start to go clear.

02

Add the seasoning to the frying onions.

03

Add the tinned tomatoes and chickpeas to the pan.

04

Add the fish straight into the pan to cook in the sauce for about 10 mins or until the fish is cooked all the way through.

05

Microwave the rice and add to the pan.

06

Serve in a bowl and enjoy!