



---

Posted on 14 September 2015

*by Liz Robb*

## Fish Curry



## Ingredients

2 heaped teaspoons of medium curry powder  
1 heaped teaspoon of garam masala 2 tablespoons of sunflower oil 1 onion 400g tin of chopped tomatoes 450ml chicken stock 1 fat clove of garlic A small piece of fresh ginger 2 cod fillets, 350-400g each Half a small cauliflower 3 medium sized carrots 2 medium sized potatoes 2 small parsnips 1 large red pepper Salt and freshly milled black pepper A quarter teaspoon of chilli powder 1 teaspoon of sugar 200g chestnut mushrooms

## Preparation

- 1.
- 2 First prepare the vegetables. Peel and chop the onion finely, peel and crush the garlic. Peel and grate the ginger. Cut the cauliflower into small florets then peel and chop the carrots, potatoes and parsnips into bite sized pieces. Deseed and chop the pepper then wipe and halve the mushrooms, or quarter large ones.
- 3 2. Blend the curry powder and garam masala powder together with a little cold water to form a smooth paste. Heat a little of the oil in a large heavy based pan and cook the paste over a medium heat for a minute or two then remove it and set it aside.
- 4 3. In the same pan, heat the rest of the oil and sauté the onion gently for 5 minutes, or until it has softened, then add the garlic and ginger and cook for a further 2 minutes. Stir in the curry paste, add the carrots, potatoes, cauliflower and parsnip and stir them together well. Add the chopped tomatoes, the hot chicken stock, season well with salt and black pepper and add the chilli powder and sugar. Bring to a simmer and cook, stirring occasionally, for about 20 minutes. Add the mushrooms and cook for a further 10 minutes or until the vegetables are just tender.
- 5 4. Meanwhile, prepare the fish. Remove the skin from the cod fillets and check that there are no bones, then cut them into bite sized pieces. Add to the pan when the vegetables are tender and cook for a further 10 minutes, or until the fish is cooked through.
- 6 Serve with rice or naan bread and mango chutney.

## Cooks Note

Notes:

- You could replace the chicken stock with vegetable stock if you prefer it. - Any firm white fish will work in this recipe just as well as cod. - You can alter the vegetables to suit you; use whatever you have left in the fridge! - Adjust the amounts of curry flavourings to your taste; add more for a hotter curry, or use madras curry powder, or, for a really mild flavour, omit the chilli powder and sugar.

---