# **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

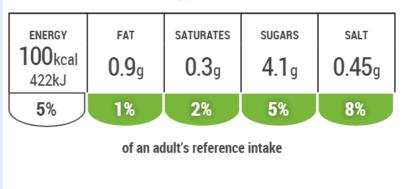
### Nutritional information per 100g of edible portion:

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

### 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.

#### Each 200g portion contains:



This was co-produced by Dr Tanefa A. Apekey<sup>1</sup>, Dr Sally Moore<sup>2</sup> & Dr Maria Maynard<sup>1</sup>, Feel Good Factor charity in Leeds & funded by LeedsACTS Seedcorn Funding. For more information contact <u>t.a.apekey@leedsbeckett.ac.uk</u> 1 - Leeds Beckett University 2 - University of Leeds