











Dinner Recipes

Coconut Fish Curry

Ingredients (Serves 4)

-  400g frozen white fish (thaw in fridge overnight)
-  1 tin chopped tomatoes (400g)
-  1 onion (sliced)
-  2 red chili's (de-seeded and finely chopped)
-  1 tin reduced fat coconut milk (400g)
-  2 cloves garlic (crushed/finely chopped)
-  1 tbsp cumin
-  1 tsp turmeric
-  1 tbsp vegetable oil
-  240g rice

Method

1. Heat the oil in the pan and fry the onion on a medium heat for 3 minutes.
2. Add the garlic, chili, cumin and turmeric, and fry for a further 2 minutes, stirring occasionally.
3. Meanwhile, add the rice and boiling water to a pan, and cook until soft (refer to the rice packaging for cooking time).
4. Add the chopped tomatoes and cook until most of the liquid has evaporated (approx. 10mins) and then pour in the coconut milk.
5. Cut the fish into chunks and add to the pan, simmer for approx. 10mins until the fish is cooked thoroughly.
6. Drain the rice if required and serve with the curry.

**One
Life
Suffolk**



Nutritional Information

[Approx. Per Serving]

Calories: 480Kcal
Carbohydrate: 42g
Fat: 15g
Protein: 20g

Cost:

[Approx.]
Total Ingredients: £9.00
Per Serving: £2.50