



**White fish is not only low in fat but is a very good source of protein. This recipe is flavoursome, quick and nutritious**

<b>Fish Curry.</b>		
Serves 6		Skill Level – Easy
		Preparation time: 15 mins Cooking time: 20-30 mins
Metric	Imperial	Ingredient
450g	1lb	White fish – cod or haddock cut into small pieces
2 tablespoons		Lemon juice
1 tablespoon		rapeseed oil
2		small onions, chopped
1 teaspoon		crushed garlic
1 teaspoon		crushed ginger
1 teaspoon		green chilli, finely chopped
½ teaspoon		turmeric powder
1 teaspoon		salt
1 teaspoon		garam masala
1. Marinate the fish chunks with the lemon juice and leave for 15 minutes.		
2. Heat the oil in a non-stick pan and fry the onions. When light brown add the garlic ,ginger and the green chilli. Cook for a minute.		
3. Add the tomatoes and all the spices and cook for about 5 minutes stirring at intervals.		
4. Add the fish. Add a little water so that all of the fish is covered .Simmer over a low heat for about 15 minutes until the fish is cooked.		
5. Serve with rice or pitta bread and salad		

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