

# SPICY PILCHARD BUNNY CHOWS

Serves 4

## INGREDIENTS

### For the curry:

400g can Lucky Star Pilchards in Hot Chilli  
Oil, for frying  
2 onions, finely chopped  
1 tbsp crushed garlic  
1 tsp mild curry powder  
1 tin (400g) chopped tomatoes  
Salt and black pepper, to season

### For the bread loaves:

1 kg store-bought bread dough  
1 egg, beaten

### Serving suggestion:

Fresh coriander  
Plain yoghurt  
Carrot sambal  
Sliced green chillies (optional)

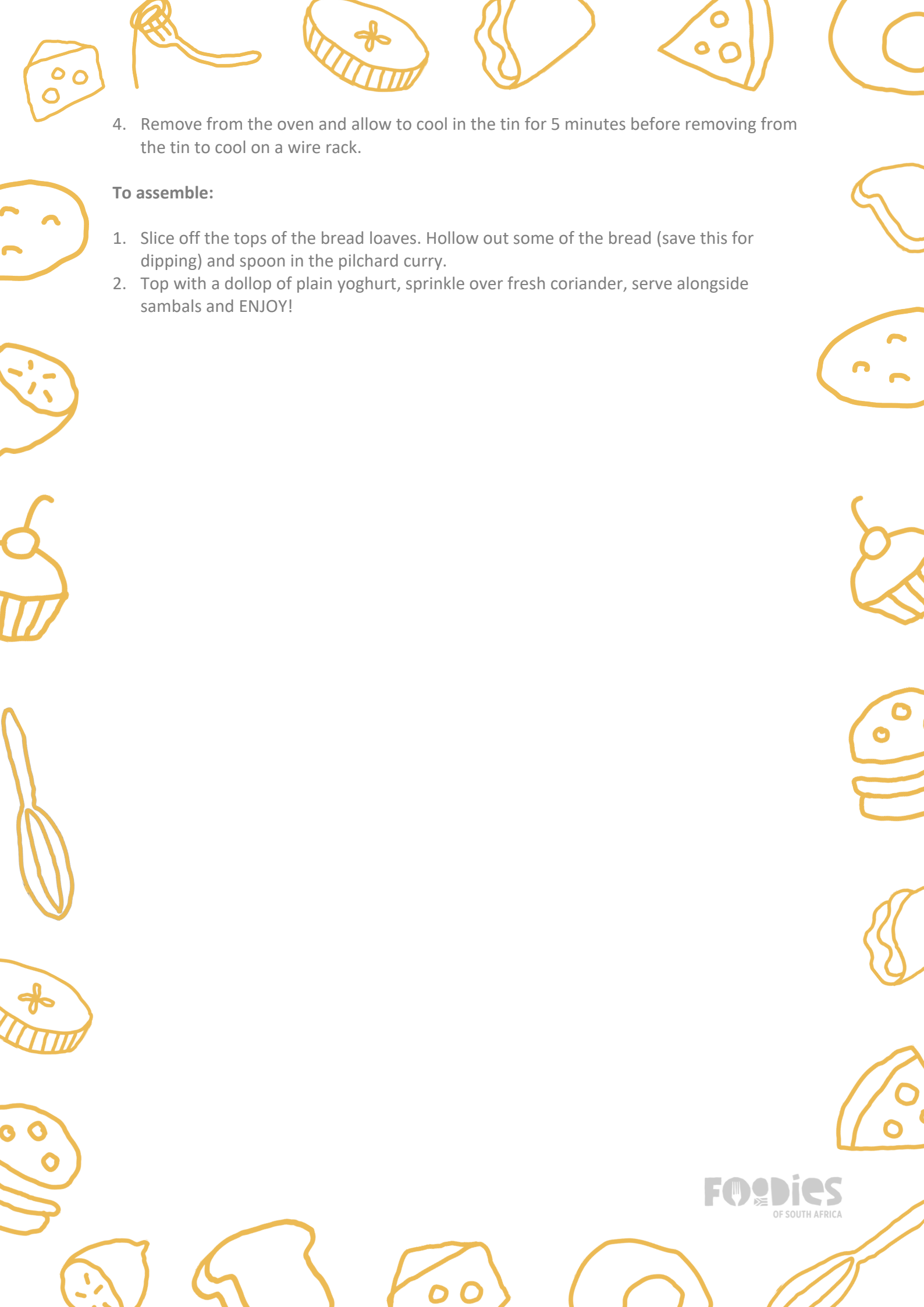
## METHOD

### For the curry:

1. Drain the pilchards, reserving the sauce. Break the pilchards up into large chunks. *\*Chefs Tip: You can debone the pilchards if preferred, although pilchard bones are safe to eat.*
2. Heat the oil in a non-stick pan and fry the onions and garlic until golden, then add the curry powder and fry for 1-2 minutes. Add the tomatoes and season with salt and pepper to taste.
3. Stir in the sauce from the can of pilchards, cover and simmer for 10-15 minutes, until the liquid is thick and saucy.
4. Add the pilchards to the sauce and heat through. Remove from the heat.

### For the bread loaves:

1. Preheat the oven to 180°C.
2. Remove the labels and grease 4 clean pilchard cans and fill each halfway full with bread dough. *\*Chef's Tip: It's best to prove the dough for 20 minutes before baking.*
3. Brush the tops of the dough with beaten egg and bake for 30 minutes, or until golden brown.

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- 4. Remove from the oven and allow to cool in the tin for 5 minutes before removing from the tin to cool on a wire rack.

**To assemble:**

1. Slice off the tops of the bread loaves. Hollow out some of the bread (save this for dipping) and spoon in the pilchard curry.
2. Top with a dollop of plain yoghurt, sprinkle over fresh coriander, serve alongside sambals and ENJOY!