

# FISH CURRY IN A HURRY

Serves 4-6

Hands-on time: 10 minutes

Hands-off time: 20 minutes

## INGREDIENTS

- 1 tbsp oil
- 1 large onion, diced
- 2 tsp mild curry powder
- 2 tins (400g each) Lucky Star Pilchards in Tomato Sauce
- 1 tin (410g) chopped tomatoes
- 2 large potatoes, peeled and cubed
- 1 tsp salt
- 2 cups baby spinach

## Serving suggestion:

- Brown rice
- Plain yoghurt
- Coriander leaves

## METHOD

1. Heat the oil in a large pot over medium heat.
2. Add the diced onion and fry for 2 minutes until soft and translucent.
3. Add the curry powder and fry for a further 1 minute.
4. Remove the Lucky Star Pilchards in Tomato Sauce from the tin and set aside.
5. Add the tomato sauce from the Lucky Star tins to the onion mixture, along with  $\frac{3}{4}$  tin of water, the tin of chopped tomatoes, cubed potatoes and salt. Stir and simmer for 12-15 minutes until the curry sauce thickens and the potatoes are tender.
6. While the sauce thickens, gently remove the bones from the Lucky Star Pilchards. *\*Chef's Tip: Keep bones in if preferred!*
7. Add the deboned pilchards and baby spinach to the sauce and gently stir the curry without breaking up the pilchards too much. Cook for 1-2 minutes to warm the pilchards and wilt the spinach.
8. Top the curry with a dollop of yoghurt and scatter some coriander on top. Serve with brown rice and ENJOY! *\*Chef's Tip: Serve with your favourite sambals!*