

## Easy fish curry with brown rice

This is a beautiful fish curry that is not spicy (unless you like it spicy, then I suggest you add chillis to the Tikka sauce). It's an easy curry to make and the brown rice is just that little bit healthier than white rice.

### Ingredients

#### Tikka sauce:

- 2 tbs coriander seeds
- 2 tbs cumin seeds
- Red chillies – to taste
- 50g fresh coriander
- 4 sprigs fresh mint (leaves only)
- 6 large garlic cloves
- 100g fresh ginger, peeled & cubed
- 220g olive oil
- 170g filtered water
- Juice from 2-3 lemons
- 5cm piece turmeric or 1tsp ground
- 1 tbs sea salt
- 1 tsp sweet paprika
- 50g dried onion flakes
- 70g tomato paste

#### Curry ingredients:

- 500g white fish fillets (fresh or frozen, but defrosted), in large chunks
- 750g mixed seasonal vegetables
- 200g brown rice, rinsed (and presoaked – optional)
- Olive oil or coconut oil

### How to prepare

- Put all the tikka sauce ingredients in a blender and blend until you have a paste
- Pour in a saucepan and cook gently for 30 minutes, stirring occasionally.
- Divide into 8 portions and freeze 7.
- Cook the rice in a large pan according to the instructions
- Steam the vegetables for approx. 10 mins.
- Heat the oil in a non stick pan.
- Add the fish fillets and tikka sauce and simmer until the fish is cooked.
- Stir through the vegetables
- Serve over the rice.

### TIP:

I always make sure I have some of this tikka sauce in the freezer. It is an easy way to create a 'fancy' meal in a short time.

If brown rice is not something your family happily eats, you could use quinoa instead. Cooked in coconut milk makes it lovely and creamy. You can make brown rice less 'grainy' by soaking it overnight. It will also cook faster.

