

# Fish Burry

New potatoes 450g cooked (halved if large),

Spanish onion × 1 large

Olive oil × 2 tbsp

Courgettes × 3 thickly sliced

Mild curry paste × 2-3 tbsp

Coriander × 1 tsp ground

Coconut milk × 1 can

New potatoes 450g cooked (halved if large),

Green beans, blanched × 150g

White fish 250g skinned

Tomatoes × 3 ripe

Basil, torn

Basmati

1. Cook the taters.
2. Roughly chop the Spanish onion and fry in 2 tbsp olive oil for 5 minutes, then add 3 thickly sliced courgettes, 2-3 tbsp mild curry paste, 1 tsp ground coriander and cook for 8 mins, covered, stirring occasionally.
3. Add 1 can of coconut milk, 450g cooked new potatoes (halved if large), 150g blanched green beans and 250g skinned white fish cut into large chunks.
4. Bring to a simmer, cover and cook for 8-10 minutes.
5. Stir through 3 ripe tomatoes, deseeded and cut into chunks and a bunch of the torn basil.
6. Leave for a few minutes before serving with basmati rice.