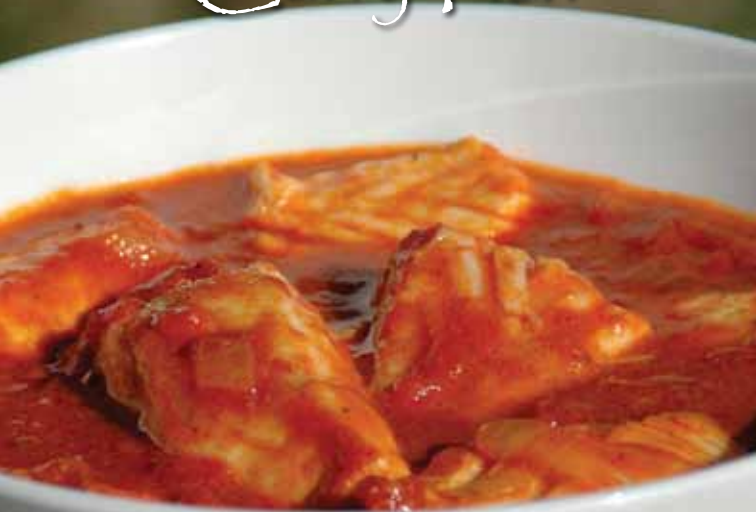


Indian Style Curry Fish



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Indian Style Curry Fish

Serves 4

- 700g or 4 portions white fish fillets cut into cubes (e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Flathead, Barramundi etc.)
- 1 medium onion, finely chopped
- 3 garlic cloves, crushed
- 2 tablespoons madras curry paste
- 400g can diced tomatoes
- 1 cup chicken or fish stock

- Heat vegetable oil in a large pan, add onion and garlic, and cook on medium heat for 1-2 minutes to soften. Add curry paste and fry for ½ minute to release flavour.
- Add tomatoes, stock and fish. Simmer for 5-8 minutes until fish is cooked.
- Serve with steamed rice and naan bread.

