

# Fish Tikka Masala

Serves 2



## Ingredients

3 tbsp	tikka curry paste (*see recipe for tikka masala paste below)
200g	white fish fillets (*these can be frozen when marinated)
1	onion, sliced
2	cloves of garlic, chopped
1	inch (2cm) piece of ginger, chopped
¼ - ½ tsp	red chilli flakes
	A few sprigs of fresh coriander
1 tbsp	of vegetable <b>or</b> olive oil
150g	potatoes, peeled and diced into approximately 2cm pieces
2	ripe tomatoes, quartered
5	cauliflower florets, chopped in half
50g	red split lentils
150g	white basmati rice (uncooked weight)
5	cloves (spice)
2 tbsp	fat-free natural yoghurt
300ml	boiling water
Pinch	salt and ground black pepper



Keighley Healthy Living

# How to make this recipe

## 2 hours before cooking:

- Massage 1 tablespoon of the tikka masala paste all over the fresh, or frozen, fish and then leave aside in a single layer to marinate and defrost (around 2 hours).

## Cooking the fish tikka masala:

- Peel and chop the potatoes into 2 cm pieces and set aside.
- Peel and *slice* the onion and *chop* the ginger, garlic and coriander stalks.
- Add these ingredients, *plus* the chilli flakes, oil and remaining 2 tablespoons of tikka masala paste into a large pan and fry gently, stirring frequently for 5 minutes.
- Now add the potatoes and continue to cook gently, stirring frequently, for 10 more minutes.
- Next, add the red lentils, 300 ml of boiling water, cauliflower and tomatoes to the pan. Bring the mixture to a boil, then reduce heat to a simmer and cook for 30-45 minutes covered. *\*Stir gently now and again and \*check the water does not all get absorbed by the lentils - if the mixture becomes dry add a little more boiling water, \*without making the curry runny. When cooked, season to taste.*

## About 15 minutes before the curry is cooked and ready:

- Cook the basmati rice with the cloves added to the cooking water, as per the rice's packet instructions and leave to cool.

## About 10 minutes before the curry is cooked and ready:

- Dry-fry the fish in a large non-stick pan for 3 to 5 minutes per side (depending on the fish's thickness) – don't move the fish around, just let it colour and crisp up.
- When everything is ready, stir 1 tablespoon of yoghurt through the curry and sprinkle the remaining yoghurt on top of the curry.
- Now, fluff up the rice and flake the fish on top, then sprinkle with coriander leaves and serve alongside the curry, with lemon wedges for squeezing over.



# Tikka Masala Paste

## Ingredients

2	cloves of garlic
1	thumb sized piece of fresh root ginger
1 tsp	cayenne pepper
2 tbsp	smoked paprika
2 tsp	garam masala
½ tsp	salt
2 tbsp	vegetable oil
2 tbsp	of tomato puree
½ tsp	red chilli flakes <b>or</b> 2 fresh red chilies
1	small bunch of fresh coriander
2 tbsp	desiccated coconut
2 tbsp	ground almonds
1 tsp	cumin seeds
1 tsp	ground coriander <b>or</b> coriander seeds
	water

## How to make this recipe

- Put all the ingredients in a blender and blitz to the consistency of a paste. If the mixture is too stiff to blend add a small amount of cold water, or a little more vegetable oil.

