

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 or 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



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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 or 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 or 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.

