



We really enjoyed this. It was lighter than some of the recent Indian dishes we've experimented with and really fragrant.

Ingredients:-

2 Plaice fillets (Any white Fish fillet will work)
2 Tsp of Ginger and Garlic Paste (DIY here clearly, but you can buy in jars)
½ A Tsp of Turmeric
1 Tsp of Chilli Powder
1 Tbsp of plain Yogurt
Oil to fry
Salt to season

Masala Sauce

Ingredients:-

2 Green Chillies, sliced
2 Onions, made into a paste
1 Tsp of Ginger and Garlic Paste
1 Tbsp of Tomato Puree
390ml of Passata
1 Tsp of Chilli Powder
2 Tsp of Coriander Powder
½ A Tsp of Garam Masala
2 Tbsp of Yogurt

Oil to fry

Fresh Coriander leaves to garnish

Method:-

- (1) Mix the Fish with the Ginger & Garlic paste, Turmeric, Chilli Powder, Salt and Yogurt.
- (2) Place in the fridge to marinade for 30 minutes.
- (3) Heat the Oil on a medium heat and fry the Fish on both sides until lightly browned.
- (4) Set aside.
- (5) Heat Oil in a pan and add the Green Chillies.
- (6) Stir in the Onion paste and add the Ginger & Garlic paste.
- (7) Stir and fry gently.
- (8) Add the Tomato puree, Passata, Chilli Powder, Coriander Powder and Garam Masala.
- (9) Cook over a low heat and allow to simmer for a few minutes.
- (10) Stir in the Yogurt and then return the Fish to the sauce.
- (11) Cook over a low heat until heated through.
- (12) Garnish with Coriander leaves.

We served ours with boiled Rice, home made Onion Bhaji, home fried Popadums and Indian style dips. The Fish was £2 from the yellow sticker fridge. So this was actually a very low cost and extremely tasty dinner.