



SPICY PILCHARD ONE-POT

This spicy one-pot is just what you need to warm you up on a cold day, so do add it to your repertoire. This recipe is a wonderful way to include the healthy benefits of tinned pilchards to a weekday meal. These little fish are packed with protein, healthy fats and calcium.

SERVES 6

INGREDIENTS

30 ml (2 tbsp) olive oil
2 medium onions, chopped
2 medium carrots, coarsely grated
2 cloves garlic, crushed
30 ml (2 tbsp) finely grated fresh ginger
1 small red or green chilli, whole, or chopped, if preferred
10 ml (2 tsp) mild curry powder, or more to taste
5 ml (1 tsp) garam masala, or more to taste
10 ml (2 tsp) ordinary paprika
1 x 50 g (50 ml) sachet tomato paste
1 medium sweet potato in the skin, cut into small cubes
500 ml (2 cups) strong Rooibos tea or vegetable stock
1 x 410 g tin chopped tomatoes
1 x 400 g tin pilchards in tomato sauce (see tip)
juice and finely grated rind of one lemon
pepper to taste
45 ml (3 tbsp) chopped fresh coriander
2 large spinach leaves, cut into thin strips
lemon wedges and more chopped red or green chilli to serve

METHOD

1. Heat an AMC 24 cm Gourmet High over a medium temperature until the Visiotherm® reaches the first red area.
2. Add oil and sauté onions until soft. Add carrots, garlic and ginger with the chilli and sauté for a few minutes.
3. Stir in the spices and sauté until the mixture is aromatic. Add tomato paste and mix well.
4. Stir in sweet potato with tea or stock and reduce the heat to the lowest setting. Simmer with a lid for 10-12 minutes or until sweet potato is cooked.
5. Stir in chopped tomatoes and pilchards with all the tomato sauce from the tin. Rinse tin with a little bit of water and add to the sauce. Gently flake fish into chunks. **1.** Season with lemon juice, rind and pepper.
6. Allow to simmer with the lid for a few minutes until heated through. Stir in coriander and spinach and serve immediately with lemon wedges. Add dollops of the yoghurt topping (see tips) and extra chilli if preferred.

TIPS

- Yoghurt topping: Mix 60 ml (¼ cup) plain double cream yoghurt with 30 ml (2 tbsp) chopped fresh coriander and 15 ml (1 tbsp) finely grated lemon rind. Add a finely chopped chilli if you enjoy a spicier taste.
- Don't remove the bones from the pilchards, they're a great source of calcium.
- For a vegetarian version substitute the pilchards for red or brown lentils. Add these with the tomatoes and simmer for about 20-30 minutes or until the lentils are cooked.