

SIMPLE SEAFOOD CURRY

SERVES 4 - 6

Seafood cooks so fast, making it a great standby in your freezer for busy evenings.

INGREDIENTS

- 1 onion, chopped
- 2 cloves of garlic, crushed
- 20 ml freshly grated ginger
- 1 red pepper, quartered and sliced
- 1 red chilli, seeded and chopped (optional)
- 15 - 45 ml curry paste of your choice (see tips)
- 1 tin (410 g) chopped tomatoes
- 5 ml sugar
- 300 - 500 g fresh hake, cubed (if frozen, defrost & pat dry)
- 250 g seafood mix, defrosted and patted dry
- salt & freshly ground black pepper
- 50 ml fresh coriander, chopped

METHOD

1. Heat an AMC 24 cm Gourmet Fry Pan over a medium temperature until the Visiotherm® reaches the first red area.
2. Sauté the onion until translucent, then add the garlic, ginger, red pepper and chilli, and sauté further.
3. Add the curry paste and briefly cook to develop the flavour. Add the tomatoes and sugar, stir, cover with lid and reduce heat. Cook for 5 minutes.
4. Add the fish and seafood mix, cover with lid and continue cooking for another 5 minutes, or until the fish is cooked through. The Visiotherm® should be between 12 - 2 o'clock area. If not, increase the heat slightly.
5. Once cooked, season to taste with salt and pepper and mix coriander through. Try not to stir the curry too much as the fish will break apart. Serve with naan bread.



TIPS

- If you don't have curry paste, substitute with a mix of curry powder, ground cumin and tumeric. You could also add garam masala with the fish.
- Always ensure all frozen fish and seafood mix is completely defrosted and patted dry when used in a meal.