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Recipe of The Month August 2015

This month's recipe suggestion is a little bit of a cheat - I've sent you this one before. I'm sending it to you again because it is AMAZING and a complete regular in our house!

You must make this.

Delicious for dinner with fish, and if you add some lentils to the left over sauce, you've got a great lunch to look forward to tomorrow!



What I'm Cooking: Fish & Tomato Curry

Serves: 2

Prep: 10 mins

Cook: 30 mins

Ingredients

- 1 onion
- 2 cloves garlic
- Thumb size piece of root ginger, peeled
- 1 chilli (or to taste)
- 1 bunch coriander
- Coconut oil
- 1 tsp paprika
- 500g fresh tomatoes, chopped
- 1 tbsp. fish sauce
- 1 tsp turmeric

- Juice of 1 lime
- 2 fillets white fish
- Brown rice, to serve
- Handful split lentils for lunch tomorrow

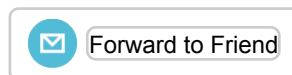
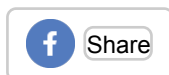
Method

1. In your processor, whizz up the onion, garlic, ginger, chilli and coriander stalks
2. Heat the oil in a frying pan then fry the paste for a minute or two to soften, then add the paprika and stir again
3. Add the tomatoes, fish sauce, turmeric, lime juice and enough water to get it all moving together, then cook for about 15 minutes until the tomatoes are soft
4. Add the fish to the curry and let it cook through.
5. Serve, with some rice

To make lunch for the next day, add some more water to the leftover sauce along with some split lentils and cook. Perfect lunch!

Until next time, enjoy staying healthy!

Best wishes,



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