Fish Curry

Fast family feeds

Recipe Information

Serves: 4-6

Time to make: 25 minutes

Method

1. Add 1 cup of water and stock cube to a saucepan and bring to the boil.
2. Add fish, onions and garlic, cover and cook for 10 minutes, stirring regularly.
3. Add frozen vegetables, cover and cook for 5-8 minutes.
4. Add curry powder, stir through and continue to cook for 2 minutes.
5. Once the fish has broken apart, reduce heat and simmer for 5 minutes.
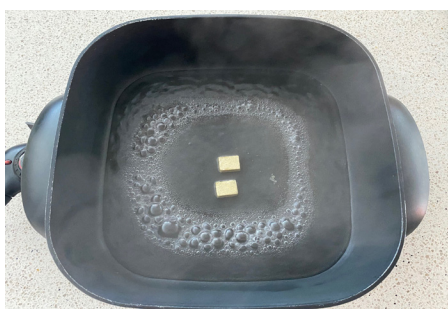6. Serve with rice.

Ingredients

500g frozen basa fillets

1 teaspoon minced garlic

1 cup water

1 vegetable stock cube

1/2 cup frozen diced onions

500g frozen peas

500g frozen beans

250g frozen spinach

1-2 tablespoons curry powder

Cooked rice

We care about you

Queensland Government

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6. Serve with rice.

Tips and Options

- Add as much curry powder as you like.

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The good tucker way