

Baked Fish with Masala and Tomato Sauce and Chapatti

Serves 10

Ingredients	
800g white fish fillets (skinless, boneless)	1 lemon, freshly squeezed
8 tbsp (120g) vegetable oil	400g chopped tomatoes
2 tbsp tomato puree	1 large onion (150g) finely chopped
2 tsp (10g) ground coriander	1 red pepper (120g) deseeded and chopped
2 tsp (10g) ground cumin	½ tsp mild chilli powder
4 cloves of garlic (24g) peeled and crushed	30g fresh coriander
1 tsp (5g) ground turmeric	5 chapatti (425g)

- **METHOD:**

- Preheat the oven to 190C/170c fan/gas 5.
- Mix together 5tbsp oil, tomato puree, garlic, ground coriander, cumin, turmeric and lemon juice. Leave 2 tbsp of marinade-spice-mix for the sauce. Marinate the fish with the remaining spice mix and allow to marinate for 30 minutes.
- Heat 3 tbsp oil in a non-stick frying pan, add the chopped onion, tomatoes, pepper, mild chilli powder and the 2 tbsp spice mix and stir-fry on medium-low heat until cooked and thickened. Place the fish into a large tray and roast (turn over halfway) until the fish is flaky (approximately 10-15 minutes).
- Serve the masala fish with a spoon of sauce, garnish with fresh coriander and serve with a half of chapatti.
- Serve immediately.



- ✓ **COOKS TIP – FOR PUREE DIETS, USE A VEGETABLE PUREE PREVIOUSLY PREPARED AND FROZEN**
- ✓ **FOR VEGETARIAN DIETS, OMIT FISH (IF NOT EATEN) AND REPLACE WITH QUORN FILLETS**
- ✓ **FOR WHEAT FREE DIETS, OMIT CHAPATTI, USE BOILED RICE**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
211	9.3	12.9	15.8	3.5	0.2	1.1	41