

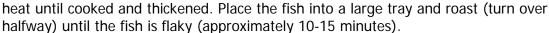
## Baked Fish with Masala and Tomato Sauce and Chapatti

## Serves 10

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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	3og 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. Marinade 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



- 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 (I F NOT EATEN) AND REPLACE WITH QUORN FILLETS
  - ✓ FOR WHEAT FREE DIETS, OMIT CHAPATTI, USE BOILED RICE

Nutrition analysis per serving								
Energy (kcals)	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	

