

INGREDIENTS:

750g monkfish fillet

Half a teaspoon each mustard seeds fenugreek seeds and turmeric

4 teaspoons ground coriander

1 teaspoon each ground cumin and chilli powder

1 large yellow pepper cut into julienne strips

2 teaspoons grated root ginger

1 large onion, finely sliced

2 tomatoes pulsed for a few seconds in a food processor

100ml water

200ml coconut milk

1 heaped tablespoon fresh chopped coriander

Sea salt

1 tablespoon vegetable oil

TIME: 30 mins**SERVING:** 4-6 people

Pull away any membrane from the fish and cut the flesh into chunks. Pat dry on kitchen paper. Heat the oil in a wide pan, add the mustard seeds and once they start to crack add the fenugreek seeds, ginger and onions. Cook until the onions are starting to brown, stirring frequently. Add the turmeric and cook for a minute then add the tomatoes, water, chilli, cumin, pepper strips and ground coriander. Simmer partly covered for 20 minutes. Add the fish and coconut milk and cook for four to five minutes until the fish is done. Add salt to taste and serve with brown rice and flatbreads.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: