



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

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FISH CURRY

A slightly updated version of a recipe which first appeared in *The Complete Hip & Thigh Diet* from 1989

Serves 2

Prep time: 10 mins

Cook Time: 60 mins

INGREDIENTS

2 pieces frozen haddock
400g can tomatoes (chopped or plum)
1 bay leaf
1 large eating apple, cored but not peeled, chopped small
2 heaped teaspoons Branston Pickle
1 heaped teaspoon tomato purée
1 medium onion, finely chopped
2 heaped teaspoons curry powder
55g (dry weight) per person Basmati Rice
1 vegetable stock cube

METHOD

1. Place all the ingredients except the fish in a saucepan, Place a lid on the pan and simmer on a low heat for about 40 minutes.
2. Add the frozen fish pieces to the saucepan and continue cooking for a further 20 minutes on a low heat.
3. If the mixture is too thin, remove the lid and increase the heat slightly and the sauce will thicken toward the end of cooking. Remove the bay leaf.
4. Serve with boiled basmati rice cooked in a vegetable stock cube.