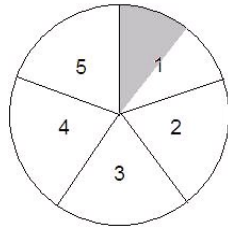


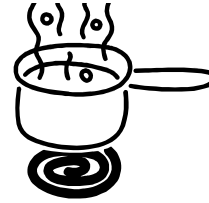
Salmon Dupiaza (Curry)

Serves 4-5

Portions of fruit & vegetables per serving: $\frac{1}{2}$



Hob needed



Ingredients	Amount	Preparation
salmon (fresh or frozen)	500g (1lb)	
turmeric powder	2½ teaspoons	
vegetable oil	2 teaspoons	
onion	1 (large)	finely chopped
tomatoes	2 medium	thinly sliced
garlic	1 clove	crushed or chopped
chilli powder	1½ teaspoons	
ground cumin	2½ teaspoons	
ground coriander	2½ teaspoons	
vegetable stock cube	1 cube	
fresh coriander leaves (optional)	Handful	finely chopped (for garnish)

Please Turn Over



Method

- 1 Rub a pinch of the turmeric into the flesh of the salmon using your fingers.
- 2 Heat 1 teaspoon of oil in a non-stick frying pan and shallow fry the fish until cooked through (approx 10 minutes).
- 3 In another pan, heat 1 teaspoon of oil and fry the onion on a low heat for 3-4 minutes.
- 4 Add the sliced tomatoes, garlic, chilli, cumin, coriander and vegetable stock to the onion. Heat for another 3 minutes, stirring constantly.
- 5 Add 160mls of water and bring it to the boil.
- 6 Add the fish pieces, and reduce the heat, cook on a low heat for another 2 minutes.
- 7 Garnish with fresh coriander (optional) and serve.

273 calories		Per serving
Fat	MEDIUM	16.6g
Saturates	LOW	2.7g
Sugars	LOW	4.8g
Salt	MEDIUM	0.8g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Serve the salmon with rice or chappati and a side salad or vegetables.
- Salmon is a great healthy choice – as an oily fish, it is good for your heart. It is recommended we eat one portion of oily fish a week.

