

Haddock Curry with Veggie Noodles

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Ingredients:

- 1 tsp. Coconut Oil
- 1 Red Onion
- 1 Orange Pepper
- 1 ½ thumb Ginger
- 1tsp Turmeric
- 1tsp Ground Coriander
- 1/4tsp Cayenne Pepper (add more if you like it spicy)
- 1/2tsp Fenugreek
- ½ can Chopped Tomatoes
- ½ can Full Fat Coconut Milk
- 2 Haddock Fillets
- ½ Red Chilli
- 200g Sweet Potato (Spiralized)
- 200g Courgette (Spiralized)



This simple curry recipe is great with any type of meat - fry it out with some Diced Turkey, Chicken or even prawns if you don't fancy haddock

Cooking method

- 1 Put a saucepan on a medium heat with 1tsp coconut oil. Meanwhile dice the red onion and then add to the pan to caramelise.
- 2 Slice the pepper and also add to the pan. Stir occasionally to make sure it is not sticking or burning.
- 3 Trim the skin off the ginger and grate it, leave to one side as this will be added later.
- 4 When the onion and pepper have softened add the 4 ground spices and toast of 1-2mins. Do not let them burn!
- 5 Then add the tomatoes, coconut milk and grated ginger. Bring to a boil and reduce to a simmer.
- 6 Meanwhile, remove the skin from your haddock and chop into bite-sized chunks. Also diced the red chilli, and set to one side.
- 7 Add the sweet potato noodles to a frying pan with a splash of boiling water and cook for 3-5mins.
- 8 Stir the haddock and half of the chopped chilli into the curry. Simmer until the fish is cooked through. (Add a splash of boiling water if your curry has become too thick).
- 9 Add the courgette noodles to the sweet potato noodles. Once softened a little, serve on a plate. Top with the curry and sprinkle over the left over diced chilli.
- 10 Enjoy with a dollop of natural yoghurt if it has a bit of a kick!

Serves: 2

451
CALORIES

43g
PROTEIN

36g
CARBS

17g
FAT

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