



CAPE MALAY FISH CURRY serves 6

A delicious mild curry, all in one dish to serve family or friends.

Ingredients 1.2kg (2lbs) skinless firm fish fillets e.g. coley
salt
60g (2oz) butter
1 medium butternut squash
2 tbs flour
2 tsp medium curry powder
pinch cayenne pepper
60g (2oz) melted butter
2 garlic cloves
2 tbs red tomato pesto
fresh coriander

Method Grate the pumpkin (use a food processor for speed). Heat 60g
butter in a frying pan and stir fry the butternut for 5 minutes.
Place in an oven to tableware dish, if the frying pan won't go in the
oven.

Toss the fish pieces with flour and the spices , then place them on
top of the pumpkin.

Brush the fish with melted butter. Crush some garlic over the top
and then spoon on some red pesto.

Bake at 200°C (400°F, gas 6) or in the middle of the Aga
ROASTING OVEN for 25 minutes.

Garnish with coriander leaves and serve with rice.