EASY DAHL

This is a great side to any fish, chicken or meat dish.

Recipe from Delicious magazine

Serves 4

- 1 tbs sunflower oil
- 2 tbs medium curry paste (such as korma)
- 2 x 400gm can chopped tomatoes (optional, one being cherry tomatoes if you can find it)
- 1 ¼ cups (250gm) dried red lentils
- 10 fresh curry leaves (see image below – and available soon in the Ashbury Community Garden!)
- 1 ½ cups (375ml) water

Heat oil in a saucepan over medium-low heat.

Add the curry paste and cook for 1 minute, stirring, until fragrant.

Add the remaining ingredients, bring to the boil, then reduce the heat to low and simmer for 25 minutes or until thickened and the lentils have softened.

SPICED FISH

Recipe from Delicious magazine

Serves 4

- 1 tbs plain flour
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 8 skinless jewfish fillets (or other firm white fish)
- 2 tbs sunflower oil
- Fresh curry leaves as garnish
- Naan bread and chutney, to serve

Combine flour and spices and season with salt and pepper. Coat fish in flour mixture.

Heat oil in a large frying pan over a medium-high heat.

Cook the fish for 2 minutes each side or until cooked through (depending on thickness of the fillets).

Add curry leaves for the final minute, stirring, until crisp.

Serve fish garnished with fried curry leaves, easy dahl, naan and chutney.