



FISH FRY

Heat Rating: Mild

Serves 4

Ingredients:

- 2 tablespoons of Mama Dor's Fish Fry spice blend
- 4 white fish steaks (hake, sea bream & sea bass work well)
- 2 tablespoons extra virgin olive oil
- 1/2 medium onion, diced
- 2 tablespoons tomato puree

Method:

Wash and pat dry the fish. Heat the oil in a large frying pan or wok. Once hot, lightly sear the fish on both sides (about a minute on each side). Remove onto a plate and set aside. Using the same oil, fry the onion until brown and add the spice blend, the tomato puree, and a couple of tablespoons of tap water. Turn the heat to a low setting, and allow the paste to blend and cook, stirring continuously. Once the sauce is bubbling and you can see pockets of the oil surfacing, gently add the fish and cover. Leave to cook for about 20-30 mins. Serve with warm chapatis.

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