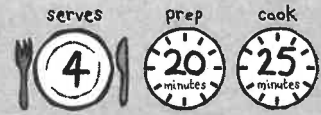


# Jammin' Jamaican fish curry



Traditional Jamaican flavours infuse this hearty dish and will get little taste buds jammin'. (Why not get out some saucepans and wooden spoons for a jammin' drum session, too?)

## What you need

150 g/5½ oz **new potatoes**, scrubbed and halved

2 teaspoons **olive oil**

1 small **onion**, finely chopped

1 small **red pepper**, cored, deseeded and diced

1 large **garlic** clove, chopped

¼ teaspoon **ground allspice**

2 teaspoons **mild curry powder**

3 **tomatoes**, deseeded and diced

25 g/1 oz **creamed coconut**, cut into pieces

50 g/1¾ oz **frozen petits pois**

200 g/7 oz thick skinless, boneless **white fish fillet**, such as haddock, bones removed and cut into large bite-sized pieces

**White basmati rice**, freshly cooked, to serve

## What to do

- ① Cook the potatoes in a saucepan of boiling water for 12–15 minutes until tender. Drain and leave to dry and cool slightly, then peel off the skins.
- ② Meanwhile, heat the oil in a saucepan over a medium–low heat. Add the onion and red pepper, cover with a lid and cook for 10 minutes, stirring occasionally, until softened. Stir in the garlic and add 200 ml/7 fl oz water, the spices and tomatoes and bring almost to the boil. Reduce the heat, add the coconut and stir until melted, then part-cover with a lid and simmer for 5 minutes until slightly thickened.
- ③ Add the petits pois, fish and potatoes and cook gently, uncovered, for a further 5 minutes, or until the fish is cooked through.
- ④ Using the back of a fork, mash the fish mixture to a coarse purée, adding a little boiled water if necessary. Alternatively, finely chop. Serve with the freshly cooked basmati rice.

## Our friends say...

'When a recipe calls for chopping onions, I chop a few extra and put the slices I don't need in the freezer to save time on chopping another day.'

