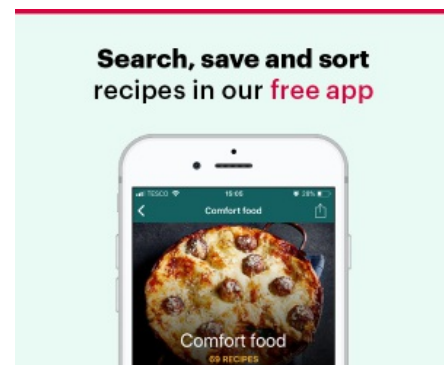


# Fish mappas



## Method

1. Put a large saucepan of water on to boil and cook the rice following pack instructions. Meanwhile, heat the oil in a large, wide saucepan over a medium heat and add the onions. Cook for 5-10 mins until softened and starting to colour. Add the garlic and tomatoes, and fry for 2 mins. Add the curry paste, fry for 2 mins more, then pour in the coconut milk and bring to the boil.
2. Add the fish to the pan and simmer gently for 5-8 mins until just cooked through. Turn off the heat. Sprinkle the coriander over the curry and serve with the rice.



## Ingredients

- 300g basmati rice
- 1 tbsp sunflower or vegetable oil
- 2 large onions, sliced
- 2 garlic cloves, chopped
- 450g tomatoes, cut into chunks
- 3 tbsp tikka curry paste
- 400g can coconut milk
- 4 skinless, boneless pollock fillets (about 150g/5½ oz each), or other sustainable white fish, cut into 4cm/1½ in chunks
- ½ small pack coriander, roughly chopped



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