



## Fish Rougaille à la Créole



<i>Ingredients</i>	<b>serves 4</b>
<i>Preparation time</i>	<b>5 mins</b>
<i>Cooking time</i>	<b>30 mins</b>

1 kg fish, cut in pieces/slices, salted and fried  
1 tbsp oil  
1 large onion, chopped  
1 tsp ginger/garlic paste  
Thyme, parsley, chopped  
500g tomatoes, chopped  
2 tbsp tomato paste/purée  
2 green chillies, sliced  
Spring onions and coriander leaves, chopped  
Salt

- Heat oil in a saucepan and fry onions.
- Add ginger/garlic paste and fry for 1 minute. Add thyme & parsley.
- Add chopped tomatoes and salt.
- Stir and cook for about 15 minutes until tomatoes are cooked and a thick sauce is obtained.
- Add tomato purée and chillies, stir. Add 4-5 tbsp of water and mix well. Cook for a few minutes.
- Add the fried fish and simmer for 5-8 minutes.
- Add chopped spring onions and coriander before serving with steamed rice & a green salad