I got the idea for this dish from a chicken curry recipe I found in one of those free-with-collected-coupons recipe books. I could never really get that recipe to work. It had mango, pineapple and yoghurt. The mango would lose all its lovely perfumy sweetness and tasted just like hot peaches while the pineapple and yoghurt together made it all too sour, but I liked the taste of pineapple with the curry. So when I saw tins of creamy coconut milk in the supermarket I thought "mmmm bet that would go nice with pineapple and spices". Also I substituted cod for the chicken as I'm not doing chicken recipes anymore.

If you're after a more sustainable option than cod any firm white fish should be fine. The fillets of cod were just there in the fridge in supermarket which made it all too easy...

The way I make Fruit n' Nutty Fish Curry is
Ingredients:

Serves 4

- 4 cod (or any firm white fish) fillets (boned)
- 250ml / half-pint full fat coconut milk
- 2 small-medium sized white onions, chopped roughly
- 2 inches ginger root, peeled and sliced finely
- 4 large cloves garlic, sliced finely
- 2 chillies, seeded and chopped finely (or leave seeds in if you like it hot)
- ½ fresh pineapple, chopped into bite-sized chunks
- 2 portobello mushrooms chopped roughly
- 3 carrots sliced thinly

- 150g mangetout
- 1 heaped teaspoon garam masala (ready made spice mix)
- ¼ tsp tumeric
- ¼ tsp salt
- 1 dessertspoon sunflower oil
- 1 heaped tsp corn flour

Instructions:

1. Heat the oil in large frying pan
2. Add the onions, ginger, chillies and garlic. Cover and allow to sweat on medium-low heat for 10 minutes. Stir occasionally to ensure they are not turning brown.
3. Add the carrots and stir around. Cover again a leave for 2 minutes.
4. Add the pineapple and stir around. Add the tumeric, garam masala and salt. Stir well. Cover and leave for a further 2-3 minutes.
5. Make some space for fish in the pan, add the fillets and then pour over the coconut milk. The fillets should be at least half-covered in the milk. Cover again and leave fillets to poach on a low heat for 10 – 15 minutes.
6. While the fish is poaching, boil some water, add to pan. Throw in the mangetout and boil them for 2 – 3 minutes, enough that they are cooked but still have bite. Remove from the heat and drain them in a colander.
7. When the fish has poached remove the fillets from the pan to a serving dish and spoon over a little bit of the sauce so that they don't dry out.
8. Give the remaining contents in the pan a good stir and taste. Add more seasoning if necessary.
9. Stir in the mangetout.
10. Put the cornflour in a glass and add a dash of cold water, stir till blended. Pour gently into the pan, stirring all the while. When the sauce has thickened some remove the heat and pour over the fish in the serving dish.
11. Serve with rice.