

## Cod with Cilantro and Mint

Makes 4 servings

### Ingredients

- 1 tbsp canola oil
- 1 medium diced onion
- 2 tsp curry powder
- 2 cloves of garlic, chopped
- 1 inch of ginger root, peeled and grated
- 3 cups diced fresh tomatoes
- ½ cup chopped fresh cilantro
- ¼ cup chopped fresh mint
- ½ tsp salt
- 4 pieces of cod
- Brown basmati rice to serve

### Directions

1. In a large non-stick fry pan heat oil over medium heat. Add the onion, curry powder, garlic and ginger. Cook until fragrant and onions are starting to soften.
2. Add the tomatoes and salt. Cook for 5 minutes. Crush the tomatoes with a fork to release the juices.
3. Add the cilantro and mint and cook for 1 minute.
4. Add the fish. Cover fish with some of the sauce, cover and cook 10-15 minutes or until fish flakes easily. Turn the fish over half way through cooking.
5. Serve with brown basmati rice.

**Tip** Keep peeled leftover ginger in a plastic bag in your freezer. Grate still frozen next time you need it.