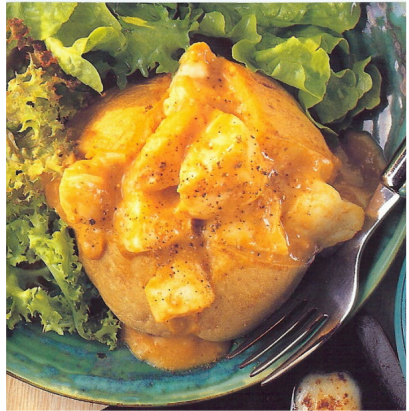


Curried Coley Jackets

Serves 4

455g (1lb) coley or pollack fillets, fresh or defrosted, skinned and cubed
1/2 onion, chopped
1 x 440g jar ready prepared korma curry sauce
4 x 170g baking potatoes, cooked
black pepper



Microwave Power: 800 Watt

1. Place the fish, onion and sauce in a bowl, cover and cook on HIGH for 6-7 minutes, stirring half way through the cooking time. Leave to stand for 2 minutes.
2. Cut a deep cross in the potatoes. Spoon the mixture over each of the potatoes and season.
3. Serve hot with a watercress salad.