

## Kashmir Fish (sole or plaice)

Serves 4

4 x 170g (60z) lemon sole or plaice fillets, fresh or defrosted, skinned

2 x 15ml spoon (2 tablespoons) sunflower oil

1 bunch spring onions, chopped

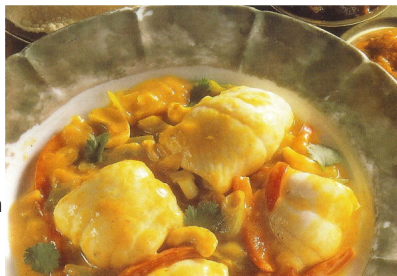
1 red pepper, deseeded and chopped

55g (20z) raw cashew nuts

1 x 350g jar Indian saffron chicken sauce

salt and pepper

fresh chopped coriander, to garnish



1. Heat the oil in a large pan. Add the spring onions and pepper. Cook for 1-2 minutes and stir in the nuts.
2. Place the fish onto a board, skinned side up. Cut in half lengthways, fold once and set aside.
3. Add the sauce, bring to the boil, reduce the heat and add the fish. Cover and cook for 10-15 minutes, stirring the sauce occasionally. Season to taste.
4. Serve garnished with the coriander and serve with poppadoms and a selection of chutneys or relishes.