EASY FISH CURRY

Serves 4

Ingredients-
- 1 ½ tablespoon olive oil
- 3 onions, finely sliced
- 1 teaspoon minced garlic
- 1 teaspoon curry powder
- 1 tablespoon mild tomato paste
- 1-2 tablespoons lemon juice
- 1 medium-sized sweet potato, peeled and cubed
- 1 medium-sized carrot, grated
- 1 cup coconut cream/milk
- 1 cup water
- 1 large can of tuna
- 1 cup of baby spinach, chopped (optional)

Method-
1. Heat oil over medium heat in a large frying pan.
2. Add onions, garlic, ginger, curry powder, tomato paste and lemon juice.
3. Cook for 2-3 minutes, or until softened.
4. Add sweet potato and carrot, then cook for another 2 minutes.
5. Add coconut cream and water, let simmer for 5 minutes.
6. Add tuna and spinach and cook for another 5 minutes.

Season with coriander and serve with rice.