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## Fragrant all-in-one fish curry

**Serves:** 4

**Preparation time:** 20 to 25 minutes, depending on the amount.

**Cooking time:** 15 to 25 minutes, depending on the amount.

**Cooking temperature:** 180° Celsius / 350° Fahrenheit / 4 gas mark

### Ingredients

Raw basmati rice	½ cup	100g
Cardamom pods	2 pods	
Cinnamon stick	1 stick	
Brown lentils, canned, rinsed, drained,	½ tin	120g
Chopped onion	2 baby	60g
Olive oil	2 tbs	30ml
Mild curry powder	2 tsp	10ml
Cumin	½ tsp	3ml
Dried coriander	½ tsp	3ml
Bay leaves	2 leaves	
Tomato puree	4 tbs	60ml
Fat free plain yoghurt	¾ cup	160ml
Hake fillets	4 medium	480g
Hard-boiled eggs, halved	2 large	100g

### Cooking instructions

- Preheat the oven.
- Place the rice, along with the cardamom pods and cinnamon, into a pot of water and cook according to the instructions.
- While the rice is cooking, fry the onion in the olive oil until soft and translucent. Add the spices and stir until fragrant.

- Add the tomato puree, yoghurt and fish. Simmer until the fish is cooked and flakes easily.
- Drain the rice and remove the spices. Mix in the lentils.
- Layer the rice and fish mixture into an ovenproof dish, alternating between the rice and fish mixture. Make sure to finish off the layering with the fish mixture.
- Arrange the boiled egg halves on top of the layered rice and fish cover with foil and bake for 15 to 25 minutes.
- Serve hot and enjoy.