



Fish stew with chickpeas



Ingredients:

Olive oil: 2 Tbsps

Onion: 1 cup, sliced lengthwise (purple onion preferred)

Colored bell peppers: 2 cups, sliced lengthwise

Paprika: 1/2 tsp

Ground cumin: 1 tsp

Turmeric powder: 1/2 tsp

Ground coriander: 1/2 tsp

Anar Gourmet Foods™ Hot South Indian Curry Powder: 1/4 tsp

Tomatoes: 1 1/2 cups, diced

Garlic cloves: 2 minced = 2 tsps

Harissa paste: ~2 Tbsps

Salt (optional) 1 tsp , add in 1/2 tsp increments

Chickpea: 1 can (~15 oz), rinsed and drained

Fish stock: ~2 cups, divided

Cilantro: 1 cup, rinsed & roughly chopped

Fish: Cod preferred, 1 lb cut into 2" pieces (optional- sprinkle with Anar Hot South Indian curry powder & salt, marinate for ~20 mins)

Recipe on page 2.



Recipe:

1. Cut fish & prep it by sprinkling it with curry powder & salt (optional), marinate.
2. Heat oil in large pan, add onions and peppers, mix well & sauté for 7-10 mins till they soften.
3. Add paprika, cumin, turmeric, coriander, Anar Gourmet Foods™ curry powder, garlic and Harissa paste & mix well. Sauté for ~ 2 mins.
4. Add tomatoes, cover pan with lid and soften for ~5 mins.
5. Taste sauce and add salt if desired.
6. Add chickpeas and 1 cup broth, mix well, cover with lid and simmer for ~7-10 mins
7. Add marinated fish, simmer for ~10-15 mins, add additional cup broth if desired and cook till flakes easily.
8. Add Cilantro and simmer for ~ 2 mins.
9. Serve over white rice 🍚 or eat with crusty bread.
Enjoy!!