



## **Indian Fish Curry**

### **Ingredients:**

3 Tbs. canola oil  
1 onion, diced  
1 Tbs. minced ginger  
1 Tbs. minced garlic  
1 tsp. ground coriander  
1/2 tsp. ground turmeric  
1/2 tsp. ground cumin  
1/2 tsp. chili powder  
1/4 cup dried apricots  
1 cup plain yogurt  
1 15 oz. can no-salt-added diced tomato  
2 cups small cauliflower florets  
1 lb. of halibut or other meaty white flesh fish, cut into 1-inch pieces  
1/2 tsp. kosher salt

### **Directions:**

In a large, deep skillet, heat the oil over medium heat until shimmering. Sauté the onion until browned, 3-5 minutes. Stir in the ginger, garlic, spices, and apricots. Cook for 1 minute.

Stir in the yogurt, tomatoes, cauliflower, and 1 cup of water. Simmer until the cauliflower is tender, 10-12 minutes.

Reduce the heat to low, add the fish, and simmer gently until cooked through, 3-5 minutes.

Season with up to 1/2 tsp. salt.

*Compliments of Healthy Recipes – Kate Sherwood*