

Fish Curry (Sue Piercey)

Serves 4 people

Ingredients

- 320 -400 g tuna in oil (2 tins)
- 60 g coconut milk powder (1 packet)
- 50 g dehydrated peas
- 1 red capsicum
- 150gm mushrooms
- 50 g Thai Red Curry Asian Home Gourmet Spice paste (1 packet)
- 400gm Japanese udon noodles

Method

Before the tramp

1. Deseed the capsicum, chop the capsicum and mushrooms into slices. Wrap in brown paper or newspaper before putting in a plastic bag.

On the tramp

- 1 Drain oil from tuna into billy and stir fry spice paste for 1 minute.
- 2 Remove from heat and add 2 x 250ml cups of cold water, the peas and the coconut milk powder. Mix well and return to heat stirring until it comes to the boil.
- 3 Add tuna, capsicum and mushrooms. If too thick add more water.
- 4 Meanwhile cook the udon noodles in a separate billy for 5 minutes in rapidly boiling water then drain, rinse quickly with cold water and drain.
- 5 Serve over udon noodles.

Variations

- Sundried tomatoes can be substituted for the capsicum – allow 2 per person and chop each one into 4 pieces. Canned salmon can be used instead of tuna.

Chef's Notes

- Udon noodles are thin dry flat white noodles that come in 250gm or 300gm packets depending on the brand. They can be purchased from most Asian food shops

Number of people	Two	Four	Six	Eight	Ten
Tuna	200g	400g	600g	800g	1000g
Coconut milk powder	30g	60g	90gm	120gm	150gm

Dehydrated peas	25g	50g	75gm	100gm	125gm
Red capsicum	½	1	1	2	2
Mushrooms	80g	150g	230g	300g	380g
Red curry spice paste	25gm	50g	75gm	100gm	125gm
Udon noodles	200g	400g	600g	800g	1000g