



Cook with Kinder!

# Cod, Potato and Spinach Curry

This recipe  
makes 5  
portions

## You will need...

- 200g Potato, peeled
- 60g Onion, peeled (1 small)
- 4g Garlic, peeled (1 clove)
- 250g Cod fillets
- 5ml Vegetable oil (1 teaspoon)
- 6g Curry powder (2 teaspoon)
- 80g Fresh tomato (1 medium)
- 60ml Coconut milk
- 50g Spinach
- 15g Plain whole milk yoghurt (1 teaspoon)

## Then you need to...

- 1 Chop the potatoes, onion and garlic.
- 2 Steam the cod for 10 minutes until cooked through.
- 3 Heat vegetable oil in a pan. Add the curry powder and cook for 1-2 minutes.
- 4 Add the onions and garlic and cook for a further 3-4 minutes to soften.
- 5 Add potatoes, tomatoes and coconut milk and simmer until the potatoes are cooked.
- 6 Add spinach, yoghurt and flake in the cod. Stir well and cook for 5 minutes