

## Cod Balti

### Ingredients

- AR Cod Loin x 1 Pack defrost and pat dry
- 1 bag of washed ready to eat Baby Spinach
- 1 jar of Balti curry sauce
- 2 brown Onions diced approx. 1 cm thick
- 1 large pinch of chopped coriander
- 2 spring onions sliced on the diagonal
- Pilau rice to serve
- Naan bread if desired

### Step 1

Heat a little bit of oil in a large non-stick pan over a medium heat add the cod and cook for 3-4 minutes and turn, add in the diced brown onion, and cook for a further 2-3 minutes.

### Step 2

Add the sauce to the pan along with the spinach and continue cooking until the sauce reaches a gently simmer and spinach has wilted, while waiting for this, heat the rice and naan bread according to on-pack instructions.

### Step 3

Once the sauce is hot and the spinach wilted, divide the rice between two plates, place the cod on top of the rice and spoon over the remaining sauce, garnish with chopped coriander and sliced spring onions just before serving.