



Spicy Cod with Chickpeas & Spinach

Serves 4

Ingredients

2 tbsp olive oil
1 onion, finely chopped
1 green chilli, deseeded and finely chopped
2 carrots, peeled and diced
2 celery sticks, diced
40g fresh root ginger, peeled and finely chopped
2 garlic cloves, crushed
6 green cardamom pods, seeds only
1 tsp ground turmeric
500ml fish, chicken or vegetable stock, hot
400g can chickpeas, drained and rinsed
500g tomatoes, skinned and quartered
150g frozen peas
600g skinless thick cod fillet, cut into chunks
250g baby spinach leaves

Method

1. Heat the oil in a large, deep frying pan. Add the onion, chilli, carrots, celery, ginger, garlic and cardamom seeds. Stir well, and then cover the pan and cook over a moderate heat for 5 minutes or until the onions are slightly softened.
2. Stir in the turmeric, then pour in the stock and bring to the boil. Reduce the heat, cover and simmer for 10 minutes or until the vegetables are tender.
3. Add the chickpeas, followed by the tomatoes, peas and cod. Mix in gently, taking care not to break up the fish. Bring back to a simmer. When the stock is bubbling gently, pile the spinach on top (there's no need to stir it in) and cover the pan.
4. Cook for 5 minutes or until the chunks of fish are white and firm, and the spinach has just wilted.
5. Use a fork to combine the spinach gently with the fish and vegetables. Ladle the mixture into shallow bowls and serve at once.