



your notes:

Slow Cooker Curried Cod

You Will Need

- 2 400g tins of tomatoes
- 2 tbsp tomato puree
- 400g drained chickpeas
- 1 handful frozen chopped onion
- 2 tbsp curry powder
- 1 tsp lazy ginger
- 1 tsp lazy garlic
- Juice of 1 lemon
- 4 cod fillets
- 1 handful of fresh parsley

Let's Cook!

- Add everything apart from the parsley and cod fillets to the slow cooker
- Give everything a really good stir
- Cook on low for 8 hours
- With one hour to go add the cod fillets skin side up
- Season with salt and pepper
- When ready (you'll know the cod is cooked because it will be white and flake easily) serve with the parsley chopped and sprinkled on top.