



Seafood Curry

Ingredients

1 cup fish, cooked
1 cup Maine shrimp, cooked
1/2 green pepper, chopped
1 medium onion, chopped
1 clove garlic, minced
1 TB fresh ginger, minced
1 medium tomato, chopped
1 10-ounce package frozen pea pods or fresh pea pods
2 tsp. curry powder, or to taste
1/2 tsp. red pepper flakes (optional)
1/2 cup pineapple juice
1/2 cup coconut milk
Salt and pepper to taste
2 scallions, chopped
Fresh cilantro
Basmati rice

Directions

Cook basmati rice according to package instructions. Saute onion, green pepper, garlic, and ginger until soft. Add peapods and cook 2-3 minutes, until peapods are done. Add fish, tomatoes, curry power, red pepper flakes, salt and pepper. Mix together, then add pineapple juice. Simmer over medium-low heat for a few minutes so that the seasonings will meld. Stir in shrimp and coconut milk and warm through.

Serve over basmati rice, garnished with scallions and cilantro.