

Barossa
**Curried Fish with Dried
Fruit**

Ingredients:

- 2 teaspoons olive oil
- 4 fish fillets
- 1/2 cup chopped onion
- 2 garlic cloves, minced
- 1 tablespoon minced fresh ginger
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups fish stock
- 1/2 cups dried fruit bits: chopped dried apricots, apples, pears and plums
- 2 cups cooked brown or white rice

Method:

Heat oil in a large, high-sided skillet over medium heat. Add fish; sauté for 1 minute per side, until golden brown. Remove from pan and set aside.

To the same pan, add onion, garlic and ginger, and sauté for 2 minutes. Add curry powder, salt and pepper and stir to coat. Return fish to pan, and add stock and dried fruit. Bring to a boil, reduce heat, cover and simmer 10-15 minutes, until fish is cooked through.

Spoon 1/2 cup rice onto four individual plates. Arrange fish alongside rice, and spoon sauce over fish and rice.

