

PILCHARDS STEW ON A BED OF CUBED POTATOES



Author:

Serving: -

Cooking Time: -

Prep Time: -

INGREDIENTS

- 4 potatoes (peeled and cubed very small)
- A tin of pilchards
- 1 sachet curry
- 1 sachet steak and chops
- Salt and pepper to taste
- Oil for frying
- Half an onion chopped
- A cup of stock

INSTRUCTIONS

1. Fry onion, add potatoes and continue frying
2. Add curry, steak & chops spice and fry for 5 minutes
3. Add stock and pour water
4. Boil till potatoes are soft
5. Discard pilchards from the tin and separate the fish from the sauce
6. Add the sauce into the potatoes,
7. Remove from stove, add pilchards, mix gently and serve

Tip: do not cook pilchards for they are already cooked in the tin