

Boiled chambo

Chambo is a tilapia fish that is similar to bream. You could substitute any soft-fleshed white fish.

Serves 4

2 tbsp oil

1 onion, sliced

4 tomatoes, chopped

1 tbsp tomato paste

1 small green capsicum, finely sliced

1 cup water

salt (to taste)

royco (to taste)

(Royco is a processed stock powder popular in Africa that includes coriander, garlic, ginger, cumin, tumeric and pepper flavourings – you could substitute chicken stock cubes.)

4 chambo fillets (skin on), sliced into 10 cm portions

Heat the oil on medium in a large pot.

Fry the onion until soft.

Add the tomatoes, tomato paste and cup of water and stir.

Turn down the heat and simmer for about 10 minutes until slightly reduced and saucy.

Add the green capsicum, stir and cook for three minutes.

Season with salt and royco to taste.

Add the fish pieces to the pan and simmer for five minutes or until the fish is cooked through.

