

Dopiaza Flounder Curry

/DVP

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I prefer recipes where I don't need to buy a lot of odd items just to use a teaspoonful. This is a delicious curry using basic grocery store items. Any white fish can be substituted for flounder. Butternut squash and quinoa give this recipe a satisfying fullness. You may not even notice that you're eating fish.

- 4 flounder filets (frozen is OK)
- 1 butternut squash, cubed
- 1 15 oz. jar dopiaza curry sauce, e.g. *Patak's Dopiaza Curry Simmer Sauce*
- 1 box quinoa and rice mix, e.g. *e.g. Near East Quinoa & Brown Rice Blend – Roasted Red Pepper and Basil*
- 1 onion, diced
- 1 red bell pepper, diced
- 1 tomato, diced
- 2 tbl olive or other vegetable oil
- 1-2 cloves garlic, chopped fine
- $2\frac{1}{2}$ c. water
- 2 chicken bouillon cube2
- salt, pepper to taste, approx. 1/2 tsp each
- 2 tbl butter

Optional items (which are never really optional)

- Nan bread
- 1 jalepeno pepper, finely chopped
- 1 tsp parsley flake

Chop up the vegetables, with the squash in 1" cubes and the onion, peppers, and tomato about 1 cm cubes. Chop the garlic very fine or substitute garlic powder.

Heat oil in 10 or 12" dutch oven, then add vegetables, until onions are clear and squash is starting to soften. Meanwhile, boil a cup of water.

Dissolve bouillon cubes in one cup boiling water. Add to the pot, along with salt, pepper, and parsley flake to taste. Add $1\frac{1}{2}$ cups water. Reduce heat, cover, and simmer for 5 minutes.

Add the rice and quinoa mix. Cover and simmer another 10 minutes.

Cut the flounder filets into one inch square pieces and add to the pot, along with the dopiaza curry sauce. Simmer uncovered for 5 minutes allowing excess liquid to evaporate. The end result should be a thick sauce mixture.

Meanwhile, warm the Nan in a low heat oven.

Ladle into bowls.