



# Indian Spiced Pollock and Charred Onion Flatbreads

[Real Good Fish](#)

## Ingredients

- 2 tablespoons Greek yogurt plus some to serve
- 1 tablespoon hot curry paste
- 1 tablespoon mango chutney
- Olive oil
- Freshly ground black pepper
- 4 pollock fillets cut into bite-size pieces
- 1 large onion peeled and cut into chunky slices
- 2 pieces of naan bread
- A squeeze of lemon juice to serve
- Fresh coriander leaves (optional)

## Directions

1. Mix the yogurt, curry paste, and mango chutney together with a dash of olive oil and season with ground black pepper.
2. Transfer the fish pieces to the marinade to coat thoroughly and leave to marinate for at least five minutes
3. Pour some olive oil into a pan, bring it to a low-to-medium heat and fry the onions, stirring for a couple of minutes until starting to char and brown. Remove from the pan.
4. Return the pan to the heat and once hot, place the marinated pollock pieces into the pan and let them cook until slightly charred on one side (1-2 minutes), then turn them over and cook on the other side keeping an eye on them -- if they begin to get too hot, take the pan off the heat.
5. Warm the naan bread as per the instructions on the package.

6. Divide the onions between the two pieces of naan bread, top with pollock and some more greek yogurt, followed by a squeeze of lemon juice. Scatter some fresh coriander leaves over the top and serve with mango chutney.