

CHILLI PILCHARDS ON RICE



By Food lovers recipes

CHILLI PILCHARDS ON RICE

Quick and easy..

1 whole big Onion,

1 red pepper,

1 green pepper,

1 tomatoe,

a few garlic cloves diced &

ginger paste,

seafood spice &

Mrs Balls chutney..

Braise it all with the pillards fish.

Add Curry and leave out the chutney if you looking for extra heat

Serve with rice

RECIPE AND PHOTO: MelnBee Witbooi