

Fish in Pumpkin Sauce

1 small onion sliced
¼ cup of water
1 cup pumpkin, roughly chopped
3 tomatoes
1 Capsicum (red or green)
2 white fish fillets (fresh)

Method: Place onion in a pan with 1 tablespoon of water, cover and cook gently until soft.

In a food processor place pumpkin, onion, tomatoes and half the capsicum. Process to a fine consistency. Pour into a pan and simmer, covered, for 10 minutes. Slice remaining capsicum. Add fish and sliced capsicum to pan adjusting consistency to sauce with remaining water if necessary.

Cook covered for a further 10 to 15 minutes or until the fish turns opaque and starts to flake.

Serve with small potatoes boiled whole and a large fresh mixed salad.

Dr Ruth Cilento's Anti Cancer Cookbook