



Ingredients

- 3 Tablespoons Maggi Coconut Milk Powder
- 0.75 Tablespoon Oil
- 0.4 Teaspoon Mustard Seeds
- 0.75 Onion (Sliced)
- 1.9 Green Chillies (Slit)
- 0.4 Inch Ginger (Cut Into Strips)
- 1.9 Cloves Garlic (Cut Into Strips)
- 3.75 Curry Leaves
- 0.2 Teaspoon Turmeric Powder
- 0.2 Teaspoon Red Chilli Powder
- 0.75 Tomato (Sliced)
- 0.4 Pinch Salt
- 1.15 Cups Warm Water
- 187.5 gms Fish

Zubereitung

1. Heat the oil in a karahi. Add mustard seeds and let it splutter. Add onions, green chillies, ginger, garlic and curry leaves. Sauté till they turn soft and transparent.
2. Add turmeric powder, red chilli powder and fry for another minute. Now add tomatoes and salt to taste. Cook till the tomatoes are soft.
3. In a bowl, mix MAGGI Coconut Milk Powder in warm water and add it to the above preparation. Bring to a boil, stirring occasionally. Add the fish pieces, and simmer for 8-10 minutes. Serve hot. Fish Molee exemplifies the rich culinary heritage and diverse flavors of South India. Whether enjoyed with steamed rice or crusty bread, this dish never fails to impress. As you embark on your culinary journey, consider adding a twist to the classic Fish Moilee recipe. Experiment with different varieties of fish or add a touch of tanginess with a squeeze of lime. Let your creativity shine as you explore the endless possibilities of this beloved dish. Want to elevate the dish even further? Give the classic Fish Molee Ingredients a twist of Mango and try our Fish Mango Curry Recipe [here](#).

Nährewerte an

Carbohydrates	2.25 g
Energy	135.53 kcal
Fats	3.27 g
Protein	5.53 g

🕒 35 Minutes

⊕ 8 Servings