



Fish Mango Curry Recipe

Ingredients

- Tablespoons Maggi Coconut Milk Powder
- Tablespoons Oil
- Teaspoon Mustard Seeds
- Onion
- Green Chillies (Slit)
- Inch Ginger (Cut Into Strips)
- Cloves Garlic (Chopped)
- Curry Leaves
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- Tomato (Medium, Chopped)
- Cups Water
- Pinch Salt (To Taste)
- gms Fish
- 1/2 1/2 Cup Raw Mango

Instruction

1. Prepare ingredients as mentioned in the list.
2. Dissolve the MAGGI Coconut Milk Powder in warm water and keep aside. 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. Add turmeric powder, red chilli powder and fry for another minute.
3. Add the prepared MAGGI Coconut Milk, raw mango and salt to taste. Bring to a boil, stirring occasionally. Add the fish pieces and simmer for 8-10 minutes.
4. Serve hot with steamed rice.

Nutrition

Carbohydrates	6.96 g
Energy	380.39 kcal
Fats	8.72 g
Protein	14.8 g

47 Minutes

8 Servings