

Fish Moilee Recipe

Ingredients

- Tablespoons Maggi Coconut Milk Powder
- Tablespoons Oil
- Teaspoon Mustard Seeds
- Onions (cut into quarters)
- Green Chillies (Slit)
- gms Ginger (Grated)
- Garlic
- Curry Leaves
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- Tomatoes (Sliced)
- Pinch Salt (To Taste)
- Cups Water
- gms Fish

Instruction

1. Heat oil in a karahi. Add mustard seeds and let it splutter. Add onions, green chillies, ginger, garlic, curry leaves and sauté till soft and transparent.
2. Add turmeric powder, red chili powder and fry for another minute.
3. Add chopped tomatoes and salt to taste and fry for 5 minutes or till tomatoes soften.
4. Mix MAGGI Coconut Milk powder in warm water and add to fried onions.
5. Bring to a boil, stirring occasionally. Add the fish pieces.
6. Simmer for 10-15 minutes or till the fish is done and remove from fire. Serve hot.

Nutrition

Carbohydrates	5.78 g
Energy	385.97 kcal
Fats	11.74 g
Protein	14.64 g

40 Minutes

8