

# Fish Curry

(It is easily digestible protein & it is rich in omega 3 fatty acids)

(acts like a water pill and also supports in cell regeneration in kidney)

## Ingredients

- Fish 1 kg (cubed or as fingers)
- Ginger 1.5 inch piece
- Garlic Paste  
1 full pod (all the pieces in the garlic)
- Green Chillis-3
- Coriander Leaves-1 fistful
- Mint Leaves Half Fistful
- Lemon Juice As required

## Preparation Guide

- Make a paste of all the spices and vegetables
- Smear this paste on the fish pieces and marinate it for 15 mins
- This can be cooked in two ways
- **Method 1**  
Steam the fish for 15 to 20 mins
- **Method 2**  
Place the marinated fish in a tawa or griddle
- Add two spoons of water and cook the fish by pressing the pieces with a spoon and cook on all sides on medium heat for 15 mts to 20



**Preparation -Fish curry:** Fry the paste with few drops of oil and after that add boiled water as per required curry consistency and place the washed fish and further boil it for 10 minutes or till it comes to boil. This curry can be eaten with rice or bread.