

Oil less Fish Fry (Water fish fry)

(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

