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How to prepare oil less fish curry with defined herbs

It acts as a diuretic medicine and having easily digestible rich protein also helps in cell regeneration in chronic kidney disease patients).

Ingredients –

- | | | |
|---------------------|---|---|
| 1. Fish | - | 1 kg (cubed or as fingers) |
| 2. Ginger | - | 1.5-inch piece |
| 3. Garlic Paste | - | 1 full pod (all the pieces in the garlic) |
| 4. Green Chilis | - | 3 |
| 5. Coriander Leaves | - | 1 fistful |
| 6. Mint Leaves | - | Half Fistful |
| 7. Lemon Juice | - | As required |

Preparation – Make a paste of all the spices and vegetables. Smear this paste on the fish pieces and marinate it for 15 minutes -his can be cooked in two ways –

Method 1 – Steam the fish for 15 to 20 mts

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

