

How to prepare oil less fish curry with defined herbs for chronic kidney disease patients

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

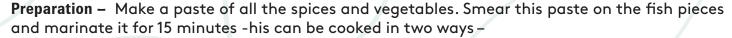
3. Garlic Paste - 1 full pod (all the pieces in the garlic)

4. Green Chilis - 3

5. Coriander Leaves - 1 fistful

6. Mint Leaves - Half Fistful

7. Lemon Juice - As required



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

