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How to prepare mushroom curry with defined herbs for chronic kidney disease patients

Having easily digestible protein (for vegetarians) Ingredients –

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|---------------------|---|-------------------------------------------|
| 1. Mushroom | - | 1 kg (cubed) |
| 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

This can be cooked in two ways – Method 1 – Steam for 15 to 20 mts, Place the marinated mushroom 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 to 20 mts Do not add salt, fats or oil.