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

### Having easily digestible protein ( for vegetarians) Ingredients –

- |                     |   |   |
|---------------------|---|---|
| 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.