



Fish Pulao (OP I)

Serving: 1

Non Veg

Ingredients

- Serves 1
- - $\frac{1}{2}$ cooked brown rice
- -100 gm boneless fish, cut into pieces
- - $\frac{1}{4}$ cup onion chopped
- - $\frac{1}{4}$ cup tomato chopped
- -2 tbsp grated carrot
- -1 tsp ginger paste
- -1 tsp green chilli paste
- - $\frac{1}{2}$ tsp black pepper powder
- - $\frac{1}{2}$ tsp haldi powder
- -Salt to taste
- - $\frac{1}{2}$ tsp oil

Preparation Method

- 1. Put fish pieces in a bowl and mix with onion, tomato , carrot salt, green chilli paste and pepper powder.
- 2. Heat oil in a non-stick pan over medium flame and shallow fry the fish pieces till golden brown in colour. Remove from flame and keep aside.
- 3. In the same pan add rice and sauté for 2 minutes. Add turmeric and ginger for a few minutes.
- 4. Add the fish pieces, mix well and Serve hot