



Machli ka Salan (Fish Curry)

Serving: 1

Non Veg

Ingredients

- 150 gm fish
- 1 cup fresh fenugreek (methi) leaves
- 2 tbsp whisked curds
- 1 tsp oil
- $\frac{1}{2}$ tsp chilli powder
- $\frac{1}{2}$ tsp coriander powder
- $\frac{1}{2}$ tsp cumin powder
- A pinch of turmeric
- 2 tbsp fried onion and then made into paste using slight water
- Salt to taste
- $\frac{1}{2}$ tsp garlic paste
- For the tempering
- 6-8 curry leaves
- $\frac{1}{4}$ tsp fenugreek (methi) seeds
- $\frac{1}{4}$ tsp Mustard seeds
- $\frac{1}{2}$ tsp oil

Preparation Method

1. Heat oil, add curry leaves, methi seeds and mustard seeds and let the seeds splutter.
2. Add the dry spices – chilli powder, coriander powder, cumin powder, turmeric powder, salt and fry for 2-3 minutes. Add garlic paste and fry for 1 minute and $\frac{1}{4}$ cup water and fry well.
3. Add whisked curds and fried onion paste and fish, mix well and cook for 10 minutes.
4. Add methi leaves and simmer for 5 minutes and serve with boiled brown rice