



Rui Mach Fulkopi

Serving: 1

Non Veg

Ingredients

- -200 gm rui fish/ ruho fish
- -1 no. onion, chopped
- -2 tbsp onion paste
- - $\frac{1}{2}$ tsp garlic paste
- - $\frac{1}{2}$ tsp cumin seeds
- - $\frac{1}{2}$ tsp red chilli powder
- -A pinch of turmeric powder
- - $\frac{1}{2}$ tsp coriander powder
- -2 tsp oil
- - $\frac{1}{2}$ tsp roasted cumin seeds powder
- - $\frac{1}{4}$ cup tomato
- - $\frac{1}{4}$ cup chopped and boiled cauliflower
- - $\frac{1}{4}$ cup chopped and boiled French beans
- -2 tbsp boiled green peas

Preparation Method

1. Wash fish pieces with salt and water. Drain all water. Mix fish with turmeric powder and salt.
2. Take oil in a pan and cook the fish pieces till cooked.
3. Fry onions in a pan and sauté till light brown. Add onion paste, garlic paste, cumin powder and tomatoes. Mix well.
4. Add salt and sauté about 2-3 minutes or until the oil separates.
5. Add the fish pieces carefully to avoid breaking. Add the boiled vegetables and cover the pan and cook for 5 to 6 minutes.
6. Add cumin powder, mix well and remove from flame. Serve immediately.