



Fish Pulav

Serving: 1

Non Veg

Ingredients

- - Brown rice - 30 gm
- -Boneless fish - 50 gm
- -Onion 30 gm (make a paste)
- -Ginger - 1 tsp
- -Pepper powder -2-3
- -turmeric $\frac{1}{2}$ tsp
- -Salt to taste
- -Oil - $\frac{1}{2}$ tsp

Preparation Method

- 1. Cut the fish in to pieces and mix with onion paste,salt,green chilli paste and pepper powder.
- 2. Shallow fry in Oil until golden brown.
- 3. Heat oil in a pan ,stir fry rice ,turmeric and ginger for a few minutes.
- 4. Add sufficient water to the rice and cook till its three fourth ready.
- 5. Add fish pieces,mix well and cook the rice until it is done.