



Quick Rohu Fish Curry (HV)

Serving: 1

Non Veg

Ingredients

- -100 gm fish cut in round shape
- - $\frac{1}{2}$ cup tomato puree
- -1tbsp oil
- -1 medium sized onion (piyj), sliced
- -1 tsp turmeric powder
- -1 tsp mix cumin seeds and mustard seeds
- -1 tsp garam masala
- - $\frac{1}{2}$ tsp red chilli powder
- - $\frac{1}{2}$ tsp cumin seeds powder
- -4-5 curry leaves
- -Salt to taste

Preparation Method

1. Heat $\frac{1}{2}$ tsp oil in a pan on medium-high heat.
2. Mix turmeric powder, salt into the fish pieces
3. Fry all the fish pieces until fish is lightly browned on both sides.
4. Remove the pieces from the pan and keep aside.
5. Heat the pan, add mix cumin seeds and mustard seeds into it and add $\frac{1}{2}$ tsp oil in the pan.
6. Add sliced onions, curry leaves, green chilli, salt and stir it well.
7. Add tomatoes puree into the pan and mix well. Cover it for 5 minutes on low flame. Then add turmeric powder, and pour water for gravy. Add fried fish into the fish
8. Garnish with coriander leaves, cumin seeds powder and serve hot.