



Fish and Turai Vegetable (HV)

Serving: 1

Non Veg

Ingredients

- Fish- 50 gms
- Turai (ridge gourd)- 1/2 cup
- 1 small tomato chopped
- Salt to taste
- Red chili powder- 1/4 tsp
- Oil- 1/2 tsp
- Fenugreek seeds- 1/4 tsp
- Turmeric- a pinch
- Lemon juice, 1/4 tsp
- Water- 3/4 cup

Preparation Method

- Marinate the fish with turmeric and salt for 10 minutes.
- Cook the marinated fish in a nonstick pan without oil.
- Once the fish is done keep the fish aside.
- Now in a pan heat 1/2 tsp oil add fenugreek seeds and chopped tomatoes Cook till the tomatoes are soft.
- Now add the ridge gourd pieces, add salt, red chili powder, shallow fried fish and water and cook till done.
- Lastly add lemon juice and serve it hot