



# Kerala Fish

Cooking Time \_\_\_\_\_

On2Cook: 9:10 mins    Normal Cooking: 25 mins

Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients \_\_\_\_\_

- 60 g

Coconut Oil
- 38 g

Whole Spice
- 2 g Curry leaves
- 3 g Whole red chilli
- 3 g Mustard seeds, 10 g Ginger chop
- 10 g Garlic, 10 g Green chilli
- 500 g

Fish
- 500 g Fish
- 383 g

Mix Paste, Tamarind Pulp & Coconut Milk
- 200 g Coconut milk, 50 g Onions
- 50 g Tomatoes
- 15 g Kashmiri chilli powder
- 3 g Turmeric powder
- 7 g Coriander powder, 8 g Salt
- 50 g Tamarind pulp
- 200 ml

Water

Step 1 0:20 secs

60 g Coconut Oil

I 100 M 0

Step 2 1:00 min

36 g Whole Spice

I 100 M 0

Step 3 1:30 mins

500 g Fish

I 60 M 0

Step 4 3:20 mins

Coconut Milk

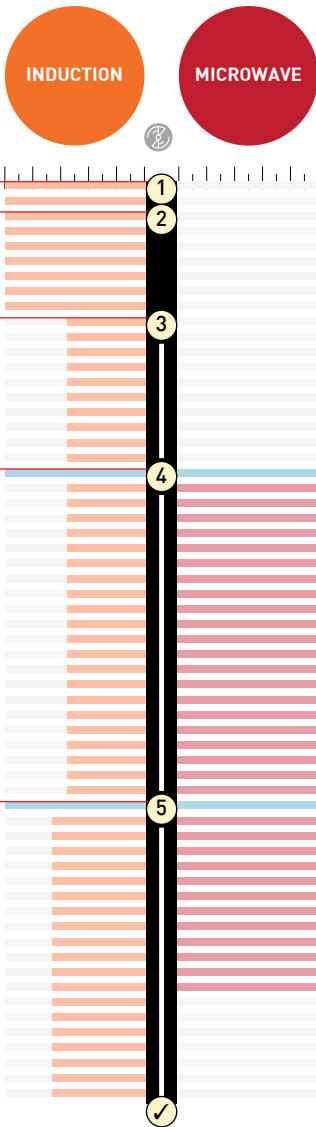
Mix Paste, Tamarind Pulp &

I 60 M 100

Step 5 3:00 mins

200 ml Water

I 70 M 100



Total Output:  
850GM