



Kerala Fish

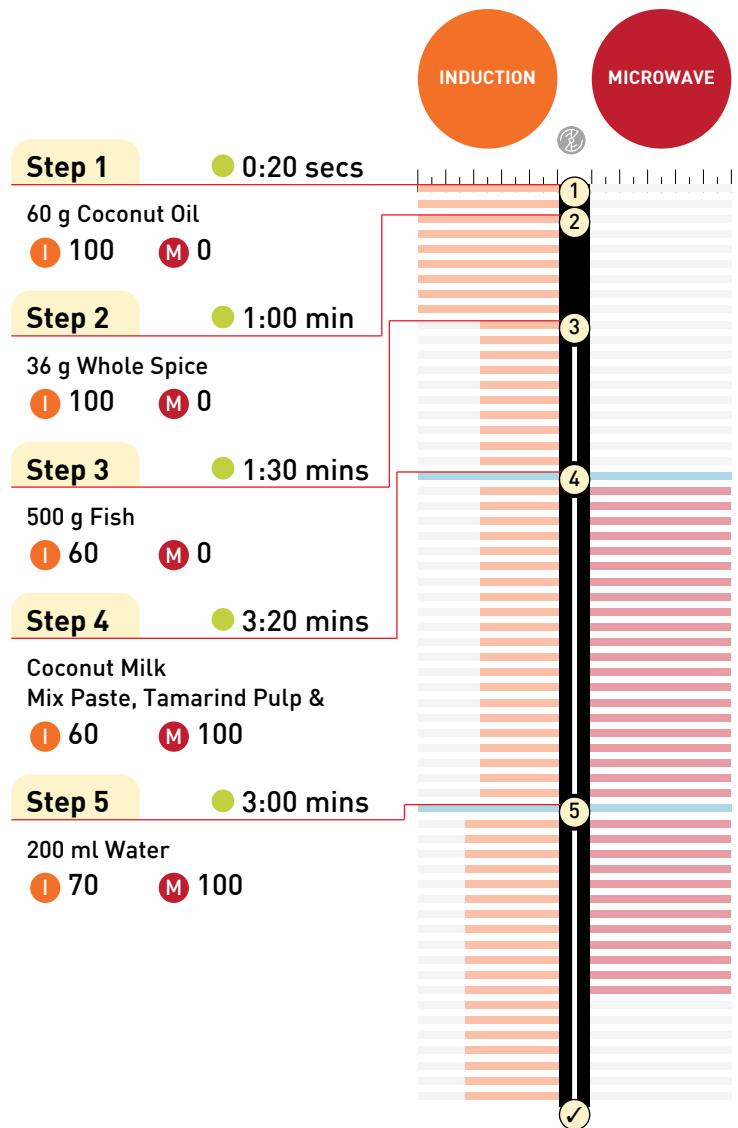
Cooking Time _____

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
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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



**Total Output:
850GM**