



## Fish Curry

**Serve:** 4

**Courses:** Main Course

**Variants:** Pure Olive Oil

**Proteins:** Non Veg

### Ingredients:

- 1) 1 kg fish.
- 2) 8 pieces of kokum.
- 3) 3 tbsp Figaro Pure Olive Oil.
- 4) 1 tsp mustard seeds.
- 5) Pinch of fenugreek seeds.
- 6) 2 onions, finely chopped.
- 7) 2 tbsp shredded ginger.
- 8) 2 tbsp chilli powder dissolved in very little water.
- 9) 8-10 curry leaves.
- 10) 5 cloves of garlic.
- 11) Salt

### Methods:

**Step 1:** Heat olive oil in a meenchatti, add mustard and fenugreek seeds.

**Step 2:** As they splutter, add onions and sauté the onions till they turn golden brown. Then add finely sliced garlic and cook for 2 minutes.

**Step 3:** Add red chilli water to the sautéed onions and continue to cook till the oil separates from water.

**Step 4:** Add water, kokum, fish, curry leaves, salt and garlic to make the curry.

**Step 5:** Bring the curry to a boil and let it simmer for 5-6 minutes till the fish is tender.

**Step 6:** Serve hot with boiled rice.

THANK YOU

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