



Posted on 17 September 2012
by Laila Abdullatif

Saloon

Ingredients

2 lb. Faskar fish (fillets)
2lb. fresh tomatoes
3 medium onions
5 cloves garlic
1 bundle fresh coriander
Curry leaves
Fenugreek leaves
2 pieces of dry lemon
1 tsp. tomato paste
Mixed spices (coriander, turmeric, cumin and chili powder)
Salt to taste
Oil to fry

Preparation

- 1 Half cook the fish by frying in oil
- 2 Sauté garlic, onion, and curry leaves until brown
- 3 Add the fresh tomato and cook for 5 minutes
- 4 Add the mixed spices and dry lemon
- 5 Add coriander leaves and fenugreek. Cook for 5 minutes
- 6 Add fish and 4 cups of water, and cook on low heat
- 7 Can be served with white rice.
- 8 Thanks to Choose Wisely for this recipe

Cooks Note
