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Saloona

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 chil`i 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