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Machboos Al Samak



Ingredients

32 fl oz. water
2lb. rice
2lb. Shaari Eshkeli fish (cut into fillets or pieces)
3 medium size onions
5 pieces cloves garlic
1 bundle coriander
Curry leaves
3.5 oz. boiled black eye dry beans
1 oz. tomato paste
3 pieces dry lemon
2 tsp. dry spice (cumin, coriander, turmeric)
1 tsp. red chili powder
Salt to taste
2 lb. fresh tomato
Oil to fry

Preparation

1. Clean the fish thoroughly and fry in oil (half cook)
2. Sauté the onion & garlic and curry leaves until brown
3. Add fresh tomato and cook for about 5 minutes
4. Add the tomato paste, mixed spices, dry lemon, coriander leaves and beans
5. Cook for 5 minutes
6. Add fish, rice and 4 cups of water
7. Cook on low heat and simmer until rice is done.
8. Thanks to Choose Wisely for this recipe

Cooks Note