

TAWA FISH

DELICIOUS AND HEALTHY
AT THE SAME TIME!

INGREDIENTS

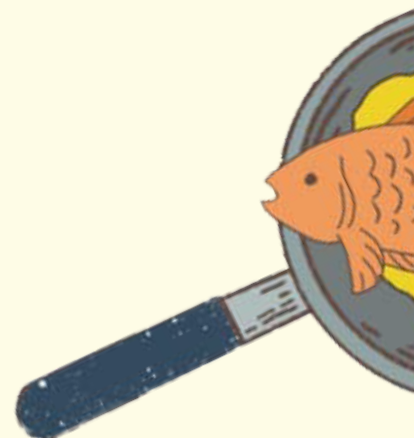
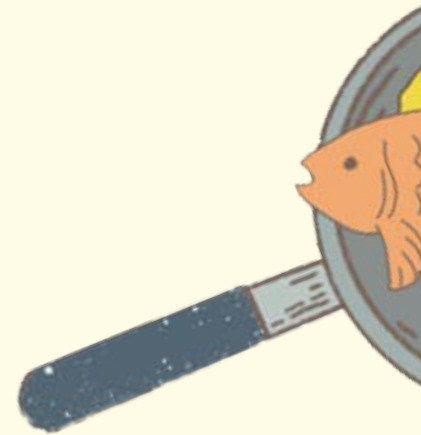
- 3 fish steaks (any choice)
- 4-5 tbsp coconut oil

MARINATION

- 1 tbsp chilli powder
- 2 tbsp kashmiri chilli powder
- 1 tsp turmeric powder
- 1.5 tbsp coriander powder
- 1 tbsp ginger garlic paste
- 2 tsp pepper powder
- 2 tbsp of finely chopped coriander leaves
- 2 tbsp of finely chopped curry leaves
- 1 tbsp lemon juice
- Water as needed

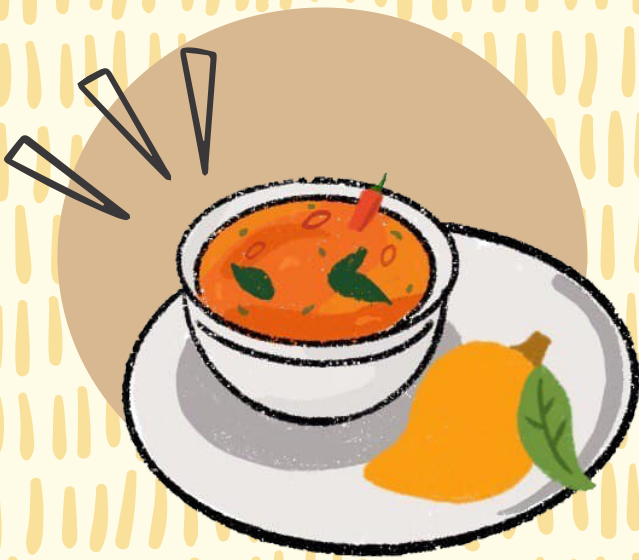
DIRECTIONS

- 1) Marinade fish with all ingredients (except oil)
- 2) Set aside for 10 minutes
- 3) Heat coconut oil
- 4) Pan fry fish once oil is hot



RAW MANGO RASAM

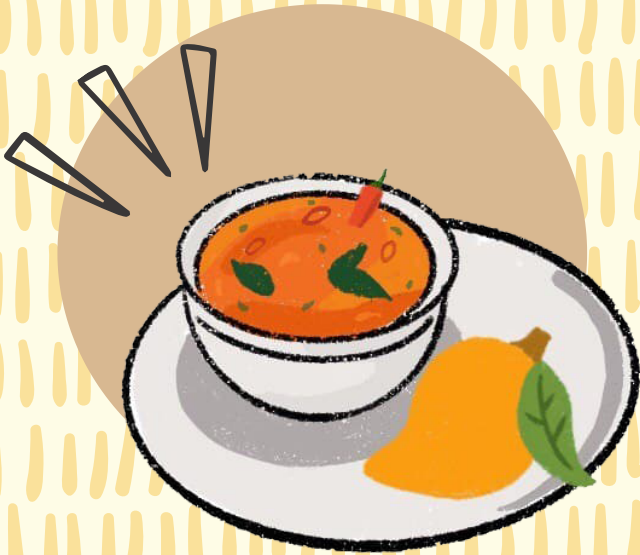
GOOD FOR DIGESTION!



INGREDIENTS

- 1 mango (raw)
- 1/2 cup water
- 1/4 cup split toor dal (cooked)
- 1 tbsp ghee
- 1/2 tsp mustard seeds
- 1 tsp cumin seeds (jeera)
- 1 sprig curry leaves
- 2 green chillies, slit
- Hing (asafoetida), a pinch
- 1 inch ginger, finely chopped
- 1 tomato, diced
- 1 tsp cumin powder (Jeera)
- 1 tbsp lemon juice
- 1/2 tsp black pepper powder, freshly ground
- 1 tsp turmeric powder
- 1.5 tsp coriander powder
- Salt, to taste
- 5 sprig coriander leaves, finely chopped





RAW MANGO RASAM

DIRECTIONS



- 1) Heat ghee. Once it is hot, add cumin seeds, mustard seeds, curry leaves, onions, green chillies, tomatoes and ginger. Sauté till onions caramelize
- 2) Add raw mangoes and cook for 3 minutes
- 3) Add turmeric powder, cumin powder, coriander powder, black pepper powder and lime juice. Stir for 2 minutes. Add salt and water
- 4) When Rasam starts to boil, add a pinch of hing or hing water
- 5) Add in the cooked toor dal and chopped coriander
- 6) And you are ready to serve !

Easy Peasy



Gongura Fritters

YOU'LL NEED

100g gongura leaves
2 big onions
4 pcs green chilli
30g curry leaves
400g besan flour
1 tbsp chilli powder
300ml water
Salt - to taste

ALL YOU HAVE TO DO

1. Chop all the ingredients
2. Add the chopped ingredients, besan flour and water
3. Mix the batter well
4. Use a spoon or hands to create desired shape
5. Deep fry in hot oil
6. And you are ready to serve!

THIS RECIPE FEEDS UP TO 6 PAX !