



Fish ambulthiyal rice

Ingredients

- tbsp Oil
- g Tuna fish
- g Grated coconut
- g Nai Miris
- g Rice
- cube MAGGI Chicken Seasoning Cube
- g Goraka (Camboge)
- g Lemon grass
- tbsp Garlic
- tbsp Ginger
- Leafs Curry Leaves
- g Green chilis
- tbsp Pepper
- tbsp Water

Instructions

1. First, prepare the goraka paste by adding the chopped garlic, ginger, green chilli, curry leaves and lemongrass into a bowl.
2. Add 3tbsp of water into this and blend it well, upon blending the contents; add 2 tbsp of goraka along with pepper and give it a good mix.
3. Place a pan on a high heat stove and add 3 tbsp of oil.
4. Add the 100g of boiled tuna fish and transfer the prepped goraka paste into this
5. Whilst mixing add the 50g of grated coconut
6. Add onto this the chopped kochchi and red rice whilst mixing
7. Season with 1 Maggi chicken seasoning cube and mix well.
8. Add one layer of the prepped rice followed by a layer of grated coconut and top it off with another layer of rice in a cup.
9. Transfer this to a plate and garnish as desired; Enjoy!

Nutrition

Carbohydrates	63.95 g
Energy	417.58 kcal
Fats	9.93 g
Fiber	4.96 g
Protein	18.01 g
Sodium	158.51 mg
Sugars	2.59 g

15 Minutes

2 Portions