



MAGGI Polos Devilled Recipe

Ingredients

- packet MAGGI Rasa Musu
- g Kos ata
- pieces Goraka (Camboge)
- tsp Pepper
- g Tomato sauce
- Medium Tomato
- Medium Sliced Onions
- Mediums Capsicum
- tsp Ginger
- tsp Garlic
- Leafs Curry Leaves
- tsp Sugar
- 1/2 1/2 tsp Chili powder
- 1/4 1/4 cup Water

Instructions

1. Add Polos in to a pan along with pepper, goraka and half a packet of the MAGGI Rasmusu and add water to cover the polos and boil it until it is cooked and the water has evaporated.
2. Deep fry the polos in oil and keep it aside.
3. In a separate pan add oil, once heated add ginger and garlic and saute for a while. Next add curry leaves, chilli flakes ,remaining half of the MAGGI rasamusu and tomato sauce. When this mixture bubbles, add corn flour mixed with water and sugar.
4. When this sauce gets thickened, turn off the flame and add sliced onions, capsicum and tomatoes along with the fried Polos and serve.

Nutrition

Carbohydrates	10.81 g
Energy	60.13 kcal
Fats	0.7 g
Fiber	7.48 g
Protein	3.26 g
Sodium	305.44 mg
Sugars	19.27 g

25 Minutes

4 Portions