

# Kiri Malu Curry

## Ingredients

- g Fish
- tbsp MAGGI coconut milk powder
- mL Water
- g Sliced Onions
- Leafs Curry Leaves
- Capsules Green chilis
- Leafs Pandan Leaves
- g Tomato
- tbsp Garlic
- 1/2 1/2 tsp Fenugreek Seeds
- piece Cinnamon
- tbsp Chili powder
- 1/4 1/4 tbsp Turmeric powder
- tsp Salt
- tbsp Roasted curry powder
- tbsp Vegetable oil
- mL Water

## Instructions

1. Add 2 tbsp of Maggi coconut milk powder into a bowl .
2. Add one cup of water (150ml) into the powder and stir well to prevent lumps from forming. \*Make sure to seal the packet of coconut milk powder and store in an air tight container
3. Pour 2 tbsp of oil onto a pan placed on a medium heat stove.
4. Whilst mixing; add to the pan, 2-3 pieces of Pandan leaves, 6-8 nos of curry leaves, 25g of sliced onion, 3-4 nos of diced green chilli, 75g of sliced tomato, 1 tbsp of chopped garlic, ½ tsp of fenugreek, 1 piece of cinnamon, 1 tbsp of curry powder, 1 tsp of chilli powder, 1 tsp of salt and ¼ tsp of turmeric powder
5. Transfer the 250g of washed and diced Thalapath fish into the pan and mix
6. Add 1 cup of water (150ml) into the pan followed by the prepared Maggi coconut milk
7. Let the curry simmer and serve onto a curry dish to enjoy!

## Nutrition

Carbohydrates	10.06 g
Energy	220.22 kcal
Fats	13.47 g
Fiber	3.15 g
Protein	17.85 g
Sodium	646.13 mg
Sugars	646.13 mg

28 Minutes

4 Portions