



Fish Ambulthiyal Recipe

Ingredients

- g Saalayo Fish
- tbsp Goraka (Camboge)
- tbsp Pepper
- tbsp Chilli Flakes
- 1/2 1/2 tsp Turmeric powder
- tbsp Ginger and garlic paste
- tbsp Ginger Paste
- Mediums Green chillis
- Leafs Curry Leaves
- Leafs Pandan Leaves
- 1/2 1/2 tbsp Salt
- mL Water

Instructions

1. Add all the Ingredients except the Fish, into a blender with 150ml of Water & blend into a paste.
2. Heat a Claypot on stove, add the Fish into it, then add the paste & 2 tbsp of oil and mix well
3. Add 4-6 Nos Curry Leaves & Pandan Leaves.
4. Add water to a level which covers the fish & bring it to a boil until the gravy gets absorbed to the Fish

Nutrition

Carbohydrates	18.7 g
Energy	404.09 kcal
Fats	18.79 g
Fiber	5.01 g
Protein	43.03 g
Sodium	553.82 mg
Sugars	1.23 g

22 Minutes

3 Portions