

PrimeFish Black Pepper Masala Fry Recipe Kit

A traditional Kerala-style fry built on the richness of freshly crushed black pepper, the aroma of coconut oil and fresh curry leaves.



MARINATE

20 min

COOK

10 min

RECIPE KIT CONTENTS

- ☐ Prime Fish
- ☐ Black Pepper Spice Mix

BLACK PEPPER SPICE MIX PACK (INGREDIENTS)

- ☐ 1.5 tsp black pepper powder (freshly crushed gives the best flavour)
- ☐ 1 tsp Kashmiri red chilli powder (for colour and mild heat)
- ☐ 0.5 tsp turmeric powder
- ☐ 0.5 tsp fennel seed powder
- ☐ 1 tsp ginger-garlic paste
- ☐ 1 tbsp lemon juice or vinegar
- ☐ Salt to taste

NOT INCLUDED IN THE PACK - FOR FRYING

- ☐ 3 tbsp coconut oil (essential for the authentic Malabar aroma)
- ☐ 2 sprigs fresh curry leaves

UTENSILS

- ☐ Frying Pan

NUTRITION (approx.)

Protein ~70 g

Carbs ~4 g

Rich in Omega-3, vitamin B12 and selenium

BEFORE YOU START

Keep the kit chilled until you cook. The masala is pre-mixed and ready to use.

METHOD

1 Mix the spice paste

Add a little lemon juice to the spice mix and combine into a thick, smooth paste.

Add a few drops of water if the paste is too dry, and adjust the salt to taste.

2 Marinate the fish

Rub the spice paste generously all over the fish.

Push the masala deep into the slits and rub a little inside the stomach cavity.

Rest at room temperature for 20 to 30 minutes.

3 Shallow fry to perfection

Heat the coconut oil in a flat skillet or tawa over medium heat.

Toss in one sprig of curry leaves and let them crackle and infuse the oil.

Gently place the fish in the pan and fry undisturbed for 6 to 8 minutes on medium-low heat until dark golden-brown and crispy.

Drop the second sprig of curry leaves into the oil right before flipping.

Flip carefully with a wide spatula to protect the tail, and fry the other side for 6 to 7 minutes until cooked through.

4 Serve hot

Drain excess oil on an absorbent paper towel.

Garnish with the crispy fried curry leaves, raw onion rings and a slice of lime.