Red Chilli & Tamarind Curry

Cook With PrimeFish
Great Fish Made Easy

In 10 Mins

Protein
~70 g

Carb
~8 g

Rich in
Omega-3, Vitamin B12 and Selenium

Recipe Kit Contents



Spice Mix ingredients Pack Includes

- 1/2 Tablespoon Kashmirired chilli powder
- 1/2 Teaspoon black pepper powder
- 2 Crushed shallots
- A pinch of salt
- 1/4 Teaspoon turmeric powder
- 1/2 Teaspoon ginger-garlic paste
- 1/2 Tablespoon lemon juice

Cooking Steps



1

Prepare
Take a mud pot and heat 2 tablespoons of pure coconut oil. When hot, add mustard seeds, fenugreek seeds, and curry leaves



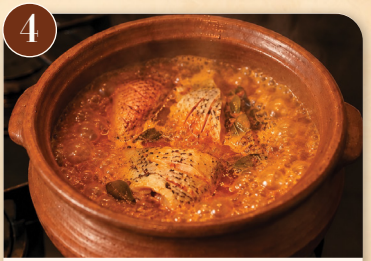
2

Mix
Add 2 cups of water, the spice mix and fish tamarind



3

Add
After 5 mins, add the fish and 2 tablespoons of coconut milk



4

Boil
After 10 mins, add the remaining coconut milk and boil for 2 mins