

PrimeFish Red Chilli & Tamarind Curry Recipe Kit

Enjoy the Tartiness of the tamarind infused with the sweet creaminess of coconut milk and the depth of aromatic spices in this recipe.



PREP

5 min

COOK

15 min

RECIPE KIT CONTENTS

- ☐ Prime Fish
- ☐ Red Chilli Spice Mix
- ☐ Black Tamarind
- ☐ Coconut Milk

RED CHILLI SPICE MIX PACK (INGREDIENTS)

- ☐ 1/2 tablespoon Kashmiri red chilli powder
- ☐ 1/4 teaspoon turmeric powder
- ☐ 1/2 teaspoon black pepper powder
- ☐ 1/2 teaspoon ginger-garlic paste
- ☐ 2 crushed shallots
- ☐ 1/2 tablespoon lemon juice
- ☐ a pinch of salt

UTENSILS

- ☐ Mud Pot

NUTRITION (approx.)

Protein ~70 g

Carbs ~8 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 Prepare

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

2 Mix

Add 2 cups of water, spice mix and fish tamarind

3 Add

After 5 mins to the above add 2 tablespoons of coconut milk and the fish.

(To make the Coconut Milk, take a cup of warm water and add the coconut milk powder contents and mix well)

4 Boil

After 10 mins add the rest of the coconut milk and boil for 2 mins