

Fish Roast



Ingredients for Fish Roast

Black Pomfret Fish ☐ 6 pieces

Oil 5 tbsp

Onion \square 6 medium finely chopped

Green Chilly 2 [with slit]

Tomato ☐ 1 finely chopped

Red Chilly Powder ☐ 3.5 tsp

Salt □ 1 tsp

Garlic ☐ 8 crushed pods

Ginger

1-inch crushed

Coconut Paste

1 tsp

Coriander Leaves ☐ 2 tbsp

Lemon ☐ 1/2 [Juice Extract]

Water

As needed

Step 1 - Pre-Preparing Fish



☐ Take 6 pieces of black pomfret fish. Any kind of fish is ok.



☐ Make slits over both sides in all pieces.



☐ Add 3 tsp of chilly red powder in a bowl.



☐ Apply this paste in all fish pieces. Slits helps in applying it deeply.



☐ Mix it with a little water to make a paste.



☐ Add 1/2 tsp of salt.

Step 2 - Making Fish Roast

☐ Take a Pan and heat 4 tbsp of oil at medium heat.









☐ Add 1 tbsp of oil on the same pan and flame at medium heat



☐ Add 6 mediumsized finely chopped onions.



☐ Add 2 green chilly with slit.

☐ Add 1 finely chopped tomato.





☐ Stir it for a minute till the raw smell goes out.



☐ Add 1-inch crushed ginger.



☐ Add 8 crushed pods of garlic.



☐ Add 1/2 tsp of salt and mix it.



☐ Add 1/2 tsp of chilly red powder.



☐ Fry it for 4-5 minutes.



☐ Add 1 tsp of coconut paste and mix it well.



























