



Ingredients

1/2 kg Seer fish
1-2 tsp chilli powder
A pinch of turmeric powder
Salt to taste
3-4 tsp of oil

Garnishing

1 medium sized onion, cut into rings.
Juice of 1 lime

Nutrients

Approx. calories per serving: 170 kcal

Procedure

Wash and pat dry the fish slices. Cut into 1/2 inch thick slices. Rub in the chilli and turmeric powder. Keep aside for 10-15 minutes. Add salt and fry immediately. To fry, grease a 24 cm Regular unit with 1-2 tsp of oil and preheat on medium heat until the Thermo Indicator reaches the green mark. Place the fish slices inside the unit and lower the heat.

Cover and cook for 2-3 minutes. Turn the fish over and dribble a teaspoon of oil around the edges. Increase to medium heat and fry for a few seconds, keeping the lid aside. Remove from the unit and arrange on a serving platter. Garnish with onion rings. Add lime juice and serve hot.