

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	500	Grammes	Fish Fillets	
2		Medium	Chillies Green	
1		Tablespoon	Flour, Rice	or corn flour
1		Medium	Onion	
1		Teaspoon	Chilly Powder, Red	
1		Teaspoon	Turmeric Powder	
2		Teacup	Coconut Milk	
3		Tablespoon	Cooking Oil	
1/2		Teaspoon	Sugar	
		As Required	Salt	to taste

Method

- Smear the fish with turmeric powder and salt. Leave it for 5 minutes.
- Heat oil in a frying pan and fry the fish pieces till they turn light golden brown in color.
- Remove the pieces. In the same oil, fry the onions and ginger till they turn translucent.
- Add chopped green chillies and fry for a minute. Lower the flame and add 1 cup water.
- Now mix chilli powder, sugar and salt to taste.
- Boil the mixture and then allow it to simmer for about 3 minutes.
- Add coconut milk mixed with flour and simmer the gravy for 3 to 4 minutes. When the gravy starts becoming thick, add the fish fillets and again cook for another 2-3 minutes.
- Fish Molee is ready. Serve it with rice.

