

Fried Pomfret with Tangy Tomato Sauce



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Preparation Time: 10 minutes

Cooking Time: 25 minutes

Serves: 2 to 3

Ingredients:

Cooking oil - as required for frying the fish
Pomfret - 2 or 3 fish cut into pieces
Paprika - 3 tsp
Turmeric - 3 tsp
Salt - as required

For the sauce:

Mustard seeds - 1/2 tsp
Tomato - 1 large, finely chopped
Spring onion - a small bunch, chopped
Garlic - 3 cloves, chopped
Lemon - juice of 1/2 to 1 lemon
Coriander leaves - a handful
Salt - as required

Step 1: Heat oil in a pan. Add garlic and saute for few seconds. Follow by adding the mustard seeds and tomato. Cook for another 2 to 3 minutes.

Step 2: Add the spring onion and mix well. Add the lemon juice and mix. Add some salt as required. Add the coriander leaves. Transfer the sauce to a serving bowl.

Step 3: Marinate the fish with paprika, turmeric and salt for around 10 minutes. Add oil to the pan. Shallow fry the fish on both sides so that they are lightly browned. Keep them aside.

Step 4: Serve the fish with the tangy tomato sauce and some freshly baked bread.