

Recipe Name: Meen Vevichathu Recipe - Kottayam Style Fish Curry

Diet Type:

Course: Lunch

Cuisine: Kerala Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 Seer fish - slices	6
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 2 teaspoons Aachi Fish Masala	
• 1/3 cup Fresh coconut	
• 6 cloves Garlic	
• 1 inch Ginger	
• 2 sprig Coriander (Dhania) Leaves - washed and finely chopped	
• 1 Tomato - finely chopped	
• 1 inch Cinnamon Stick (Dalchini)	
• 2 Cloves (Laung)	
• 1 Kokum (Malabar Tamarind)	
• 2 tablespoons Coconut Oil	
• 3 sprig Curry leaves	
• 8 Pearl onions (Sambar Onions) - sliced	
• 2 tablespoons Sambar Powder	

Preparation

- To begin making the Meen Vevichathu Recipe, wash and clean the fish well and drain off the excess water.
- To this mixing bowl, add the seer fish slices and massage the mas.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	35	20	25	4	5