

Recipe Name: Assamese Fish Fried Rice (Recipe In Hindi)

Diet Type:

Course: Dinner

Cuisine: Assamese

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups rice - cook	2
• 1 cup fish - cut in half	
• 1 onion - cut	
• 2 tablespoons dry coconut - tighten	
• 1 tablespoon coriander powder	
• 1 teaspoon turmeric powder	
• 1 teaspoon cumin powder	
• 1 inch Ginger - chopped	
• 1/2 cup green peas	
• 1 carrot - cut into small pieces	
• 1 bay leaf	
• oil - as per use	
• 1 teaspoon lemon juice	
• salt - as per taste	
• green coriander - chopped	
• green onion - chopped Take	

Preparation

- To make Asamis fish fried rice, firstly wash and cut the fish into 1 inch.
- Now mix coriander powder, turmeric powder, cumin and ginger in a bowl.
- Now heat oil in a pan.
- Add the spices prepared in the bowl and cook for 3 to 4 minutes.
- Now add fish and cook for 5 minutes on low flame.
- Remove the fish and keep it aside.
- Now add bay leaves and onions to the remaining oil and cook till the onion becomes soft.
- Now add coconut and cook for 2 to 3 minutes.



- Now add lemon juice, peas and carrots to it and cook it for next 2 minutes.
- Now add rice and mix it well.
- After 1 minute add fish and mix.
- Cook for 1 minute and then garnish with green coriander and green onions.
- Serve Asamis Fish Fried Rice with Curd and Kachumbar Salad for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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