



Ingredients

- 1 Seabass
- 1 tsp MAGGI® CukupRasa™
- 2 tbsp Cornstarch
- 100 g Corn Oil
- 2 tbsp Corn Oil
- 1 Holland Onions
- 3 cloves Garlic
- 1 in Ginger
- 3 Bird's Eye Chilli
- 0.25 Capsicum, red, raw
- 0.25 Green Pepper
- 0.25 Capsicum, yellow, raw
- 0.5 Pineapple
- 2 Tomato
- 0.25 cup MAGGI® Chilli Sauce
- 0.25 cup MAGGI® Tomato Ketchup
- 0.5 cup Water
- 5 g Coriander

Instruction

1. Clean the fish, coat with MAGGI® CukupRasa and cornstarch. Heat the oil and fry until golden and cooked. Set aside.
2. With about 2 tablespoon of oil, saute the yellow onion, garlic and ginger until fragrant.
3. Add in bird's Eye Chili, capsicum, tomato and pineapple. Fry until well combine.
4. Add in MAGGI Chili Sauce and MAGGI Tomato Sauce. Mix well. Add in water and let it simmer.
5. Pour sauce over fish, garnish with coriander leaves. and ready to serve.

Nutrition

Carbohydrates	26.28 g
Energy	218.6 kcal
Fats	5.27 g
Protein	16.93 g

🕒 26 Minutes

⊕ 6 servings