



Fish Curry with Yogurt

Ingredients

- 2 tbsp Corn Oil
- 500 g Ikan Tongkol
- 2 Red chili
- 10 g Ginger
- 2 Yellow Onion
- 1 tsp Mixed Herbs
- 1 Stalk Curry Leaf
- 2 tbsp Chili Powder
- 2 tsp Cumin Powder
- 0.5 tsp Black Pepper Powder
- 3 tbsp Coriander Powder
- 0.5 tsp Fennel Powder
- 1 tbsp Natural Fat Free Yogurt
- 1 tsp MAGGI® CukupRasa™
- 400 ml Water
- 30 g Tamarind

Instruction

1. Begin by heating up the corn oil in a pot.
2. Then, add in the red chillies, ginger, yellow onions, mix herbs, curry leaves, chilli powder, cumin powder, black pepper powder, coriander powder and fennel powder. Stir fry it all together until it becomes fragrant and the oil separates.
3. Next, add in the NESTLE Natural Set Yogurt, MAGGI® CukupRasa™, water and diluted tamarind followed by the fish.
4. Bring it up to a boil and then let simmer for 10 minutes.
5. Serve this delightful curry while still hot for your whole family to enjoy together. Also, take note that fish curry tastes even better the next day!

Nutrition

Carbohydrates	10.22 g
Energy	159.17 kcal
Fats	6.4 g
Protein	18.11 g

🕒 26 Minutes

⊕ 6 servings