



Braised Fish Kadazan-Dusun Style

Ingredients

- 500 g Mackerel (Ikan Kembung)
- 2 Buah Bambang (Wild Mango)
- 1 tbsp Corn Oil
- 3 cloves Garlic
- 1 Holland Onions
- 4 cm Ginger
- 1 tsp Turmeric Powder
- 3 g Dried Chilli
- 50 g Tamarind Paste
- 100 ml Water
- 3 Dried Tamarind Slice
- 1 tbsp MAGGI® CukupRasa™

Instruction

1. Firstly, gut and clean the fish before washing it under running water. Set it aside.
2. Next, pour some oil in a wok and wait for it to heat up. Add in the garlic, onion, ginger, turmeric powder and dried chilli and sauté until fragrant.
3. Then, mix the sautéed ingredients together with the tamarind pulp, tamarind pieces, MAGGI® CukupRasa™ and water along with the fish.
4. Proceed to lay the fish along with the mixture in a pot with the banana and turmeric leaves and the buah bambangan.
5. Cover the pot, place it on the stove and allow the fish to cook on low heat for 25 minutes.
6. Pinasakan goes well with white rice and a spoonful of sambal.

Nutrition

Carbohydrates	38.04 g
Energy	303.33 kcal
Fats	5.78 g
Protein	26.64 g

46 Minutes

4 servings