



Fish Salona

Ingredients

- 1 kilogram Fish fillet
- 3 tbsp MAGGI® Khaleeji Cooking Paste
- 4 cups Water
- 2 tbsp Vegetable oil
- 2 large Potatoes, cut into cubes
- 4 Smalls Zucchini, cut into cubes
- 2 Mediums Eggplant
- 4 Mediums Tomato
- 3 pieces Dried lime
- 1 Medium Green bell pepper, chopped
- 1 cup Coriander leaves, chopped
- 1 large Onion, chopped

Instruction

1. In a large pot over medium heat, warm vegetable oil. Add fish fillets and fry until golden on all sides. Once done, remove the fish and set it aside for later.
2. In the same pot, add chopped onions and sauté until softened. Stir in Maggi® Khaleje Paste and cook for 2 minutes. Add dried lime, and cook for a few minutes until fragrant.
3. Add the chopped potatoes, zucchini, eggplant, tomatoes and water to the pot. Then return the fried fish to the pot. Bring the stew to a boil.
4. Cover the pot and let it simmer for about 20 minutes, ensuring the fish and vegetables are thoroughly cooked.
5. Garnish the Fish Salona with freshly chopped coriander. Serve alongside delicious Basmati rice.

Nutrition

Carbohydrates	40.14 g
Energy	553.85 kcal
Fats	25.18 g
Protein	46.65 g

⌚ 40 Minutes

⊕ 6