

# King Fish Fry | Vanjaram Meen Varuval | Easy Fish Fry

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/marinated-fish-fry-recipe-indian>

## Ingredients:

- fish King, /Vanjaram meen - 5 pieces
- 1 teaspoon red chilly powder
- 1 turmeric powder
- pepper powder-1\2 tsp
- jeera /cumin seeds- powder-1\2 tsp
- 1 garlic paste optional
- salt to taste
- oil to fry
- water little

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 220 milligrams

---

Thank you for visiting our website. Hope you enjoy King Fish Fry | Vanjaram Meen Varuval | Easy Fish Fry above. You can see more 19 marinated fish fry recipe indian Experience culinary bliss now! to get more great cooking ideas.