

Crispy Surmai Fish Fry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- fish Surmai, / Seer Fish
- 1 teaspoon lemon juice
- 1 teaspoon ginger garlic paste
- 1/4 teaspoon salt
- 1/4 teaspoon turmeric powder
- 1 tablespoon chilli powder
- 2 tablespoons rice flour
- 1 teaspoon Garam Masala
- 1 tablespoon coriander leaves chopped
- salt to taste
- 1 tablespoon tamarind pulp
- 3 tablespoons water
- 4 tablespoons sooji Coarse
- 1 teaspoon chilli powder
- salt to taste
- oil fr shallow frying

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 580 milligrams
9. Sugar: 2 grams

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