

# INGREDIENT LISTS

Volume 2

## Fish Fillet Chili

- Boneless Fish 300 gm
- Ginger 1 tsp
- Garlic 1 tsp
- Green Chilli 3 nos
- Onion 2 nos
- Spring Onoin 50 gm
- Capsicum 100 gm
- Chilli Powder 1 tsp
- Soya Sauce 1 tsp
- Tomato Sauce 2 tbs
- Sugar 1 tsp
- Cornflour 1 tbs
- All Purpose Flour 1 tbs
- Salt as required
- Oil 2 tsb

Prepared by

