

Rohan's Marinated Seabass with Moilee Sauce

Seabass fillet 80gm (Or Sea Bream)

Salt 5g

Fennel seeds 2g

Onion seeds 2g

Oil 15ml

* Marinate fillet for 15-20 min before panfrying skin side down.

Coconut milk 100ml

Ginger 10g

Onion 30g

Oil 15ml

Green chilli 1/2

Mustard seeds 1tsp

Lime juice 5ml

Turmeric 5g

Fresh curry leaves 5g

*Heat oil in a pan medium heat

Add mustard seeds, fresh curry leaves, ginger julienne, onion sliced, and chilli

Sweat on low heat for 2 min & then add turmeric

*Finish with coconut milk ,lime juice ,salt & pinch of sugar

Pour sauce onto plates and serve with seabass fillets on top & garnish.