



Serves: 4

Patrani Macchi (Steamed Green Chutney Pomfret Fish)

Ingredients

- Pomfret, 250g each 2
- Banana leaf 2
- Lemon ½
- Salt ¼ tsp

Stuffing

- Coconut flesh ½ cup
- Spinach, blanched ¾ cup
- Green chilli 3-4
- Green coriander ½ cup
- Garlic 5-6
- Lemon ½
- Salt ¼ tsp
- Ginger, thin slices 5
- Water ½ cup

Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavour enhancers for marinade.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

Method

- Wash and clean the pomfret. With a sharp knife make a 3-inch slit on the both the top sides, close to the gills. This creates pockets for the stuffing. Rub salt and lemon on the outside and inside of the pomfret. Leave aside for 15 minutes.
- Blend all the ingredients for the stuffing in a blender to make a thick paste.
- Stuff the pockets with the stuffing and rub it all over the fish too.
- Wrap the pomfret in a banana leaf and tie it up with twine/string.
- Steam the fish in a steamer for 15 minutes.
- Remove the string and serve pomfret hot wrapped in the banana leaf.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 168kcal
Protein 19.0g
Total fat (g and % of total calories)
8.1g (40.5%)
Saturated fat 3g
Cholesterol 38.8mg
Carbohydrate 7.7g
Dietary Fibre 2.7g
Sodium 445 mg