

## TASTE THE WORLD ~ RECIPE

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### LENTILLES NOIR POISSON FRIR (black lentils with fried fresh fish - Mauritian Style)

**Serves 8-10**

#### Ingredients

- 2 cups steamed Jasmine Rice
- 3 cups of pre-cooked Black lentils
- 1 kg fresh fish fillet
- 1 Lt olive oil or coconut oil
- 3 tspoon of garlic paste
- 2 tspoon of ginger paste
- 3 cups of chopped onions
- 1 kg chopped bitter melon
- 2 potatoes cut into slices
- 2 chopped carrots
- 2 whole chopped tomatoes
- 10 curry leaves
- 1 cup of chopped coriander
- ½ cup of thyme
- 1 cup of coriander
- 2 green chili
- ½ cup of chopped parsley
- 2 tspoon of pepper
- 3 tspoon of salt
- 1 Lt of water

#### Method

Wash the rice a couple of times in deep water first, then add 2 cups of water in the rice and steam it in a rice cooker.

Heat 1 teaspoon of oil in a pan, then add 3 teaspoons of onion, curry leaves, thyme, garlic and ginger paste.

Add lentils, carrots and salt in same pot and bring to the boil.

Marinate the fish with salt and pepper, then same process for the bitter melon and the potatoes.

In a new pot, heat 5 spoons of oil, fry the potatoes, the fish and the bitter melon.

Mix onions, tomatoes, chili, salt and coriander together to make a chutney.

For the dressing, put some parsley on the rice in a plate, put the lentils on the side with the fish and bitter melon and at the end complete the plate with the chutney.