



Mumbai Fish Fry

(2 servings)

- 4 medium fish fillets (any mild flavored fish like Orange Roughie or Tilapia)
- ¼ cup **Seven Happy Seeds Mumbai Fish Fry**
- ¼ cup Japanese style Panko bread crumbs
- 2 tablespoons chopped cilantro leaves
- 1 tablespoon lemon juice, and half lemon sliced
- ½ Teaspoon Salt (or to taste)
- One small red onion cut in round slices
- Cooking oil

Shopping List

- Fish Fillets
- Japanese-style Panko Breadcrumbs
- Garlic Cloves
- Cilantro Sprigs
- Lemon
- Red Onion

1. Rinse fish fillets and pat dry with a paper towel
2. Score fillets lightly with a knife 4-5 times.
3. In a shallow bowl mix **Mumbai Fish Fry**, Panko breadcrumbs, cilantro, and lemon juice.
4. Press one side of each eggplant slice into seasoned breadcrumbs, then repeat on the other side. Remove slices on another plate, and let them sit for 5 minutes.
5. Heat two tablespoons of oil in a frying pan and place a few eggplant slices in the pan at a time.
6. Let crisp to a golden brown color on each side (3-4 minutes) on medium heat. Remove from pan and serve hot with onion rings and lemon slices (optional).