

ENVIROFIT® & The SuperSaver Charcoal Jiko
SMARTER LIVING PRESENT Spiced Fish



Food image courtesy of cookdiary.net

Join thousands of **Modern Mums** using **Envirofit SuperSaver Jiko** for more recipes and tips!
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Ingredients

- 600 gm tilapia fillet
- 3 chopped onions
- 4 red chillies
- 5 teaspoon oil
- 1 ½ teaspoons turmeric
- 1 ½ teaspoons crushed ginger
- Salt and pepper



Preparation Method

1. Light your **Envirofit Supersaver Charcoal Jiko** using little charcoal.
2. Heat oil in a pan and fry the onions till golden.
3. Add garlic, ginger, salt and turmeric and stir for 2 minutes.
4. Turn to low heat, put chillies and stir.
5. Put in the fish fillet pieces and cook on each side for 5 minutes.
6. Serve and see your family enjoy and want more!

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