



A Kenyan classic with a global perspective. This Pan Fried Fish with Sweet and Sour Mkwaju Sauce gives you a taste of the Kenyan coast in one sitting.

### Ingredients

#### For the fish

1 large tilapia fillet

1 lemon, squeezed

1 tablespoon of soy sauce

4 cloves of garlic

1 tablespoon of white pepper

½ teaspoon of salt

Vegetable oil for frying



### Method

Put your fish in a bowl. Add the minced garlic, lemon juice, soy sauce, salt and white pepper. Rub it onto the surface of the fish and then cover with a cling film. Let this marinate in the fridge for about 40 minutes.

After the time has lapsed, remove from the fridge. Lightly grease a non-stick pan and light fry it. Allow 4 minutes on each side so that it gets a nice golden brown char

### For the sauce

1 large tomato, grated

4 tablespoons of honey

1 small onion, finely diced

3 tamarind seeds (optional)

NOTE: If you do not have the tamarind, you can still work with just lemon. You will still attain the sweet and sour taste.

### Method

Lightly sautee the onions until they are soft. This add the grated tomatoes, the lemon juice the honey and tamarind. Mix it up. Add ¼ cup of water, turn down the heat and then cover to allow it to simmer for 5-7 minutes. After it has thickened begin plating.

Put the sauce on the plate first. Cut the fish into uniform pieces then place them on top of the sauce. Garnish with some fresh coriander then serve.



SERVE WITH: ugali, rice or what you want ☺

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/pan-fried-fish-with-sweet-and-sour-mkwaju-sauce/>