



# Kottu roti

30'  
Hands on

15'  
Cook Time

6-8  
Portion(s)

2  
Difficulty



## Ingredients

- 1 onion
- 1 clove(s) of garlic
- 15 g ginger, fresh
- 1 chili pepper
- 4 tortillas
- 1 cabbage
- 3 carrots
- 500 g shrimps, jumbo
- 100 g sole fish, fillet
- 300 g squid
- 300 g octopus
- 1 tablespoon(s) sunflower oil
- 1 teaspoon(s) curry, ground
- 1 teaspoon(s) chili flakes
- salt
- pepper
- 100 g soy sauce
- 1/2 bunch coriander, finely chopped
- 2 slices lime(s), to serve

## Method

- Cut the onion, garlic, ginger, pepper, tortillas, cabbage, and carrots into thin slices.
- Clean the shrimps, fish, [calamari](#), octopus, and wash them well.
- Cut the fish, the calamari, and the octopus into 3-4 cm pieces.
- In a large [frying pan](#), add the sunflower oil and place it over medium heat.
- Add the calamari, octopus, shrimps and sauté for 3-4 minutes until nicely golden.
- Remove from the heat, transfer them into a [bowl](#) and set them aside until needed.
- In the same frying pan add the onion, garlic, pepper, ginger, and sauté for 2-3 minutes.
- Add the cabbage, the carrot, and keep sautéing for 2-3 more minutes.
- Add the curry, chili flakes, salt, pepper, the tortillas, and mix with a wooden spoon.
- Deglaze the pan with the soy sauce and add the fish, the shrimps, the octopus, and the calamari. Mix with a serving spoon and remove the frying pan from the heat.
- Serve with the finely chopped fresh coriander and the lime slices.

## Διατροφικός πίνακας

Nutrition information per portion

284 Calories (kcal)	6.3 Total Fat (g)	1.5 Saturated Fat (g)	23.0 Total Carbs (g)
14%	9%	8%	9%
6.9 Sugars (g)	31.0 Protein (g)	5.1 Fibre (g)	3.0 Sodium (g)
8%	62%	20%	50%