



Italian Fish*

Serving: 1

Non Veg

Ingredients

- -200 grms Fish, cut into neat fillets
- -1 tsp Olive Oil
- - $\frac{1}{2}$ tsp Thyme (OR Mint)dried
- - $\frac{1}{2}$ tsp Rosemary, dried
- - $\frac{1}{4}$ tsp Paprika powder
- -Pink Salt Or Table Salt

Preparation Method

- 1. Wash the fish and cut it into pieces. Make diagonal slits on the skin side.
- 2. dried Thyme (or mint), Rosemary, Salt, Pepper and Paprika powder. Mix them well
- 3. Now place the washed and dried fish in the dish in which you want to marinade the fish. Apply the dried spices marinade mix to the fish. oil and apply it to the fish too,
- 4. till the time the fish is coated well with the spice mix.
- 4. Allow the fish to marinade for at least 30 minutes to an hour.
- 5. Preheat the oven to 350 degrees Celsius and place the fish on a grilling rack.
- 6. Grill the fish for 15 mins at 350 degrees Celsius, along with the high power function of the micro. Remember to turn the fish after 8 minutes.
- 7. After the remaining eight to ten minutes the fish will be ready to be served. Add a small portion of any veggies you want, like broccoli or capsicum and serve it hot.