



Fish Tandoori (OP I)

Serving: 1

Non Veg

Ingredients

- Fish (100 grms)
- Yogurt 1 tablespoon
- finely chopped onions 1 tbsp
- Chopped green chilies 1
- Tandoori spice powder
1/2tablespoon
- Ginger garlic paste 1/2 teaspoon
- Red chili powder 1/2 teaspoon
- Garam masala 1/2 teaspoon
- Coriander powder 1/2 teaspoon
- Cumin powder pinch
- Coriander leaves , finely chopped 1
Tablespoon
- Cooking oil 1 tsp
- Salt to taste

Preparation Method

- 1. Keep the head and tail on and remove the fins and insides of the fish. Make as many horizontal slits as possible to the fish on both the sides for marinade to go deep inside.
- 2. Wash it really well and apply salt on both the sides . Keep for about 10 minutes.
- 3. In a bowl, mix together all the marination ingredients together really well and apply it to the fish on both the sides, pressing the mixture inside the slits really well . Keep it covered for about 40-50 minutes for marination.
- 4. Preheat you oven to 400 degree Fahrenheit .
- 5. Lightly brush the grill with oil and place the fish over the grill. Place your grill on the baking tray and bake for about 20 minutes.
- 6. To check the fish whether baked well, insert a toothpick and check if it feel soft and light.
- 7. Remove out . Serve Tandoori fish with or without mint chutney.