



## Baked Fish Paturi

Serving: 1

Non Veg

### *Ingredients*

- 150 grams fish (Basa/Hilsa/Bhetki)
- 1 tbsp khus khus/poppy seeds
- 2 tsp mustard seeds
- Black pepper to taste
- 1 green chilli
- Salt to taste

### *Preparation Method*

- 1. Grind together the poppy seeds, mustard seeds, green chillies and salt to a fine paste.
- 2. Wash and cut the fish into big cubes, then marinate these fish pieces in the paste for at least 1 hour. Check the seasonings.
- 3. Preheat the oven at 230 degrees Celsius. Wrap these fish pieces in the aluminum foil and bake for 10-15 minutes