



## Baked Fish\*

Serving: 1

Veg

### *Ingredients*

- 150 gm King Fish
- 2 tsp Ghee
- 1/2 tsp Cumin seed
- 2 tsp Lime juice
- 1 Garlic Cloves
- 2-dried Red Chillies
- 1/2 tsp Turmeric Powder
- 1/2 tsp whole Saunf seeds
- 1/2 tsp whole Coriander seeds
- 100 gm Homemade Greek Yogurt
- Pink OR White Salt according to taste

### *Preparation Method*

- 1. Dry roast the cumin seeds, coriander seeds and saunf seeds, and grind to a powder.
- 2. Grind garlic, red chilly to a paste with a pinch of salt.
- 3. Combine the ground spices and garlic and red chilly paste, with turmeric powder, salt, lime juice, hung curd and ghee. Mix well until a fine paste is formed. Add in chopped coriander to the marinade and mix some more.
- 4. Apply the marinade to the fillets of fish till they are well coated with the paste. Do it with your hands and in the baking dish in which you intend to bake it. Remember to apply some paste to the bottom of the dish.
- 5. Cover the fish properly with the marinade and then cover the dish with a kitchen foil and keep it aside for three to four hours.
- 6. Pre-heat the oven and place the baking dish in the oven and bake at 180 degrees for 25 minutes.
- 7. After twenty-five minutes the fish should be ready. Remove the foil and serve it hot.