



Grilled fish steaks (OP I)

Serving: 1

Veg

Ingredients

- 200 gms firm fleshed fish cut into 1 inch cubes
- For the marinade:
- 2 tsp ginger garlic paste
- Green chillies 1
- Fresh coriander
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp cumin seeds
- 1 tsp fennel powder
- salt to taste
- 1 spoon oil or butter

Preparation Method

- In a a mortar and pestle, put green chillies, red chilly powder, turmeric powder, coriander powder and ginger and garlic paste together till it is almost fine in texture.
- Add the other spices, salt, and fresh coriander leaves and pound. Check for balance of flavors and keep this marinade aside
- Add a tsp of the marinade paste on the fish and put them one top of the other.
- Grill on a medium hot grill till the fish easily flakes with a fork, usins 1 spoon oil only
- serve with vegetable salad