



Baked Fish

Serving: 1

Non Veg

Ingredients

- 100 grams fish fillet (Your choice)
- 2 tsp of semolina
- 1 tbsp. Lemon juice (can substitute vinegar , ginger as per your need)
- 1 tsp ginger paste
- 1/2 small onion, chopped
- 1/2 tsp red chilli powder
- 3/4 garam masala
- 1/4 tsp turmeric powder
- Salt to taste

Preparation Method

- Make a paste of all the ingredients except semolina and marinate the fillet on both sides well to cover the slits too .
- Set the aside for atleast 1 hr
- Preheat the oven at 160c
- Sprinkle the semolina evenly on the fillet
- Bake for 10-12 minutes (or untill cooked)
- Serve hot onion rings or a vegetable salad