

Captain Jack Mackerel with Chili sauce

Ingredients :

Captain Canned fish	1 can (425g)
Garlic	10g
Onions	50g
Ginger	10g
Dried chillies	20g
Salt and Pepper	pinch
Chili sauce	as required
Vegetable oil for tempering	

Method :

Bake the vegetables and the Captain chunks.

Preparing chili sauce :

Heat oil in a pan and add ginger garlic and fry until golden. Add all remaining ingredients and add salt to taste. Pour the sauce over the baked Captain Jack Mackerel chunks and serve.