

Baked ginger fish

Preparation time 30 mins

Cooking time 20 mins

Ingredients

Fillet of a fish with skin on (salmon or tilapia will be better)- one pc(150 gm)

For marination

Chopped coriander leaves – 40 gm

Fresh green chillies- 1

Chopped garlic- 1 tea spoon

Chopped ginger- 1 tea spoon

Mozzarella cheese- 10 gm

Butter- 20 gm

Hung curd- 20gr

Sea salt- to taste or just a pinch

Lemon zest- just half a tea spoon

Crush black pepper- half a tea spoon

Tomato slices- 2

Onion slices-2

Ginger slices- 4

Toppings: Fine julienne of vegetable- 15 gm

Includes:

Peppers

Red onions

Ginger

Fresh red chillies

Method

1. Blend the marination and marinade the fish
2. Spread an aluminium foil and apply little butter
3. Arrange the slices of tomatoes, onions and the ginger, place the marinated fish and top it again with the vegetable.
4. Wrap the fish and bake it in pre-heated oven at 450 for 7 min
5. Remove and check. Place the baked fish on a serving platter with little salad and lemon wedge.
6. Garnish the fish with the julienne of vegetable and serve hot.

Goes well with rice and mustard sauce

