DietCloud – Recipe

Recipe Name: Grilled Herring With Kasundi Mustard And Wild Celery Recipe

Diet Type:

Course: Dinner

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 4 Herring Fish Steaks	4
• 1 teaspoon Ginger Garlic Paste	
• 2 tablespoons Apple cider vinegar	
• 1 tablespoon Extra Virgin Olive Oil	
• 1/2 teaspoon Celery - (wild celery)	
• 1 tablespoon Kasundi mustard sauce	
• 1 teaspoon Lemon juice	
• Salt - to taste	
• 1 teaspoon Red Chilli flakes	

Preparation

• To begin making Grilled Herring With Kasundi Mustard And Wild Celery Recipe, in a mixing bowl, mix all the ingredients mentioned under marinade.
• Rub the fish steaks with the marinade well and keep for 1-2 hours in the refrigerator.

• Takes about 10 minutes on medium heat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)