

Recipe Name: Macher Chop Recipe (Bengali Style Fish Croquettes)

Diet Type:

Course: Snack

Cuisine: Bengali Recipes

Quantity: 2 pieces

Spicy Indian Fish Croquette (Bengali Macher Chop)



Ingredients

Ingredient	Quantity
• 500 grams Fish fillet • 1 cup Onion - chopped • 1 tablespoon Ginger - grated • 1 teaspoon Ginger - chopped • 1-1/2 teaspoon Garlic - minced • 1 teaspoon Red Chilli powder • 3 teaspoons Green Chillies - chopped • 1-1/2 teaspoons Turmeric powder (Haldi) • 1 teaspoon Cumin powder (Jeera) • 1 teaspoon Garam masala powder • 1/2 cup Potato (Aloo) - boiled and mashed • 4 tablespoons Coriander (Dhania) Leaves - chopped • 1 teaspoon Sugar • Salt - to taste • Mustard oil - to cook • 2 Whole Eggs - whisked • Salt - to taste • 200 grams Whole Wheat Bread crumbs	15

Preparation

- To begin making Macher Chop Recipe (Bengali Style Fish Croquettes), clean the fish pieces.
- Smear a teaspoon turmeric powder and some salt to the fish pieces.
- Cook the fish pieces in microwave for 4-5 minutes on high or more time depending on the fish and p.

Macronutrients

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



220

15

10

12

1

1

