

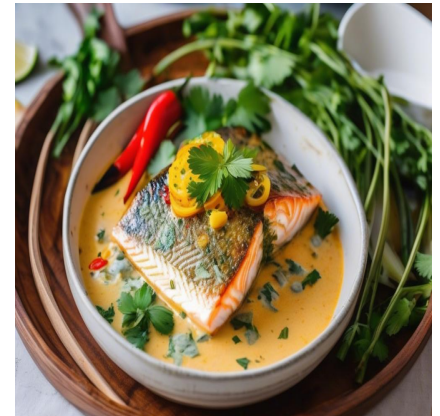
Recipe Name: Baked Fish In Coconut Milk Recipe

Diet Type:

Course: Dinner

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 kg Fish fillet - cut into medium • 2 tablespoon Sunflower Oil • 2 Onion - finely chopped • 2 tablespoon Lemon juice • 2 teaspoon Garlic - minced • 2 teaspoon Ginger - minced • 1 teaspoon Green Chilli - minced • 2 Tomatoes - sliced into roundels • 1/4 cup Sunflower Oil • 2 tablespoon Coriander Powder (Dhania) • 1 teaspoon Cumin powder (Jeera) • 1/2 teaspoon Red Chilli powder • 1/4 teaspoon Turmeric powder (Haldi) • 1/2 teaspoon Fennel seeds (Saunf) - coarsely ground with mortar pestle • Salt - to taste • 1 cup Coconut milk - thick (canned or fresh) • 2 tablespoons Coriander (Dhania) Leaves - finely chopped	4

Preparation

- To begin making the Baked Fish In Coconut Milk recipe, in a mixing bowl, add lemon juice and oil and mix it with the fish fillets.
- Let the fish marinade for 1 hour in refrigerator.
- In a fry pan heat 1/4 cup of oil and fry onion till golden.



- Fry for 3 to 4 minutes till tomatoes are tender.
- Take the fish out from the fridge and arrange them on a greased baking tray or a cast iron pan.
- Pour the coconut milk sauce all over the fish.
- cover the baking tray/pan tightly with aluminium foil and return to the oven to bake for another 15 minutes.

Macronutrients

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