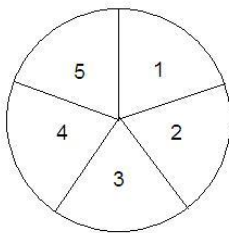


Masala Fish

Serves 8-10

Portions of fruit & vegetables per serving: 0



Oven needed



Allergen information:

Allergens are in bold below.

Contains fish

Contains milk

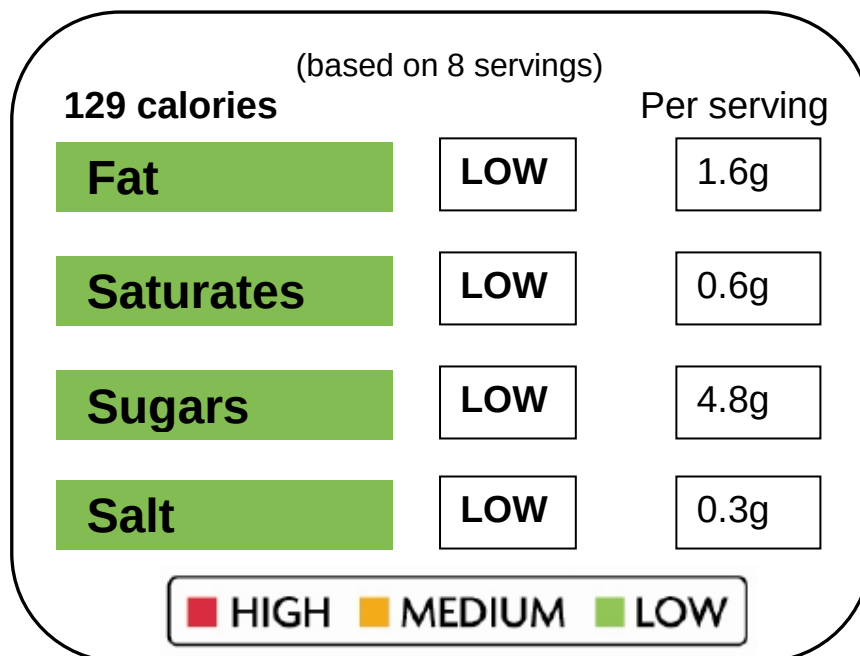
May contain mustard

Ingredients	Amount	Preparation
black pepper	$\frac{1}{4}$ teaspoon	
turmeric powder	2 teaspoons	
chilli powder	$\frac{1}{2}$ teaspoon	
garlic powder	2 teaspoons	
ginger powder	1 teaspoon	
tandoori masala	1 teaspoon	
low fat yoghurt	500g	
white fish	900g (2lb)	skinned and boned

Please Turn Over

Method

- 1 Place the black pepper, turmeric, chilli powder, garlic powder, ginger powder and tandoori masala in a bowl with the yoghurt and mix well to make a paste.
- 2 Put the fish into the paste and leave to marinate for a couple of hours or overnight.
- 3 Grill the coated fish for 10-15 minutes until cooked through.
- 4 Serve as part of a meal.



Handy Hints

- Serve with lots of salad or vegetables to get one of your 5-a-day.
- Add naan bread, rice or potato for a balanced meal.
- Yoghurt is a good source of calcium, along with milk and cheese.