



garlic marinated fish masala

I love my fish masala. Nothing brings out its amazing savory taste more than a homemade masala spice blend that I would love to share with you.

Ingredients

1 palm sized tilapia fillet
¼ teaspoon of cayenne pepper
½ a teaspoon of black pepper
2 Cloves, crushed
¼ teaspoon of turmeric
½ a teaspoon of mustard powder

½ a teaspoon of coriander powder
5 cloves of garlic
½ a lemon, juiced
1 teaspoon of lemon zest
1 tablespoon of soy sauce
Salt to taste

Method

Give your fish a rinse and place it in a container. Add your minced garlic, soy sauce and salt and allow this to marinate overnight. An hour before cooking, add the lemon juice and lemon zest. Allow the flavor to infuse. As that is going, work on your masala spice blend.

In a bowl, add your black pepper, cayenne, mustard powder, turmeric and crushed cloves and mix them all together. Add some vegetable oil to this and mix it all up until you get a thick spice mixture. Slather this all over your fish fillet and proceed to shallow fry it.

It will take 5-8 minutes to cook through. Once it is done and has a lovely char on the outside, plate and serve.



SERVE WITH: potato wedges/ugali/rice along with your veggies

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/garlic-marinated-fish-masala/>