

# Tandoori Fish

Yield: 6 min

Total Time: 267 min

Recipe from: <https://www.recipeschoose.com/recipes/catfish-fillet-indian-recipe>

## Ingredients:

- 1/3 cup vinegar
- 4 cloves garlic
- 1 tablespoon fresh ginger chopped
- 1/2 teaspoon salt
- 1 tablespoon cayenne pepper
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1/2 cup vegetable oil
- 2 pounds catfish fillets thick, cut into large chunks

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 70 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 280 milligrams
9. TransFat: 0.5 grams

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