

Baked Spicy Tandoori Fish & Chips

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/yogurt-fish-recipe-indian>

Ingredients:

- 1 fish large Seer, / Indo-Pacific King Mackerel, known as Surmai fish in Pakistan or any other fish of your choice, around 1.5 – 2 kg...
- 7/8 cup yoghurt
- 1 teaspoon paprika
- 1 teaspoon Garam Masala powder
- 2 tablespoons tandoori masala
- 1/2 teaspoon ground cumin
- 4 potatoes cut into wedges
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon salt or to taste
- 1/2 teaspoon chili flakes
- 2 tablespoons vegetable oil

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 20 grams
7. SaturatedFat: 2 grams
8. Sodium: 370 milligrams
9. Sugar: 4 grams

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