

# Baked Kurau Fish



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- The Song of India -



*The  
Perfect Meal*

Episode 1

## Ingredients:

200 gm Ikan kurau fish (boneless fillet)  
1 tbsp Lemon juice  
½ tbsp Ginger- garlic paste  
Pinch of Salt  
Organic lettuce  
Baby green mung sprouts

## Marinate:

150 gm Thick yoghurt  
1 Green chilli (chopped)  
1 tsp Coriander powder  
1/2 tsp Garam masala powder  
2 tbsp Mustard oil  
1/4 tsp Turmeric powder  
Lemon yellow food coloring – a few drops  
Salt- to taste

## Method:

- 1) Cut the fish into 1 ½ inch cubes, add lemon juice, ginger-garlic paste and salt to it, set aside.
- 2) Prepare the marination: mix all the ingredients above-mentioned for marination.
- 3) Now add the pre-marinated fish in the marination mix well; keep it aside for one hour.
- 4) Preheat the oven 180° C, put the marinated fish cubes on an baking rack and bake it for 8-9 min.
- 5) Serve it with warmed sprouts and organic salad.