



## Portuguese Style Grilled Fish

### Ingredients

- 500 g Mackerel Fish (Ikan Kembung)
- 1 tbsp Corn Oil
- 2 Shallots
- 2 cloves Garlic
- 3 Candlenut
- 0.5 cm Galangal
- 2 Stalks Lemongrass
- 50 g Red chili
- 2 tbsp Tamarind Juice
- 1 tbsp MAGGI® CukupRasa™
- 1 Stalk Torch ginger flower (Bunga Kantan)
- 3 pcs Kaffir lime leaves
- 2 Lady's Fingers

### Instruction

1. Heat cooking oil in a pan and add onion, garlic, candlenut, galangal, lemongrass and blended chilli. Next, pour in the tamarind juice and sprinkle 1 tablespoon of MAGGI® CukupRasa™. Stir fry thoroughly until fragrant.
2. Lay the blanched banana leaf on top of the aluminium foil. Spread 1 tablespoon of the stir fried mixture over the banana leaf. Gently place the fish over it and spread the remaining mixture evenly over the fish.
3. Add the bunga kantan (torch ginger flower), kaffir lime leaves and lady's fingers and seal the aluminium foil tightly.
4. Bake the fish on a pan and make sure to cover it with a lid. The steam created in the foil will help cook it. When the fish is cooked thoroughly, remove from heat and let the packets to stand for about 5 minutes before opening.
5. When unwrapping the foil, make sure to be careful of the hot steam. Enjoy the fish with steaming white rice.

### Nutrition

Carbohydrates	6.7 g
Energy	135.54 kcal
Fats	3.77 g
Protein	17.96 g

🕒 31 Minutes

⊕ 6 servings