



GAZAWI BAKED FISH

A healthy reinvention of fried Gazawi fish with the same amazing spicy zingy mix.

Nutrition Facts/100 grams of fish: Calories 178, Protein 16g, Carbs 20g, Fat 5g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 30 min



INGREDIENTS

Marinated Whole Seabream/Red
Snapper or Seabass (depending
on availability, 1 KG)
Gazan Spices, Garlic

Lemon Juice, Olive Oil
Chili Paste (optional)
Coriander
Basmati Rice

METHOD

1. Preheat oven to 180C.
2. Place fish in an oven dish cook in oven uncovered for 30 minutes, check doneness, meat should flake easily with fork. If not done, cook 10 minutes further.
3. Turn top grill on and bake 5 minutes or until browned and just crispy. Do not burn.
4. Sauce is ready to use just shake and place in a sauce pitcher or bowl and serve on the side once fish is ready.

While fish is cooking, start with the rice:

5. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
6. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
7. Place pot over high heat & add water (read instructions on package) & provided salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
8. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve with fish.