

scarlet night

2011 Gala Recipes

Mustard Marinated Basa Fish

Ingredients

- 2 lb Basa fish fillet
- 1 tbsp Mustard oil
- ¼ cup Yogurt
- 3 tbsp Kasoondi mustard
- 3 tbsp Chopped ginger
- 1 tbsp Red chili pwdr
- 1tbsp Lemon juice
- Salt to taste

Method

1. Make a marinade using mustard oil, mustard, red chili, salt and yogurt
2. Marinade the fish, leave it in the marinade for 6 hours
3. Pre heat the oven for 400 deg
4. Roast the fish for 10 minutes

Nutrition Facts

Serving Size 1.00 serving(s) (165g)

Amount Per Serving

Calories 183 **Calories from Fat** 58

% Daily Value

Total Fat 6.4g 10 %

Saturated Fat 1.5g 8 %

Trans Fat 0.0g

Cholesterol 57.6mg 19 %

Sodium 219.6mg 9 %

Total Carbohydrate 7.6g 3 %

Dietary Fiber 1.4g 6 %

Sugars 1.6g

Protein 25.1g

Vitamin A 12 % Calcium 7 %

Vitamin C 12 % Iron 7 %

Apple and Walnut Raita

Ingredients

- 2 cups thick yogurt, whisked till smooth
- ¼ cup toasted walnuts chopped
- ½ cup grapes
- ½ cup apple chopped fine
- ¾ tsp cumin powder
- ¼ tsp crushed black pepper
- Salt to taste

Method

1. Mix all the ingredients together in a large bowl and blend till mixed well.
2. Chill and serve.

Nutrition Facts

Serving Size 0.25 cup(s) (92g)

Amount Per Serving

Calories 78 **Calories from Fat** 30

% Daily Value

Total Fat 3.4g 5 %

Saturated Fat 0.8g 4 %

Trans Fat 0.0g

Cholesterol 3.7mg 1 %

Sodium 43.3mg 2 %

Total Carbohydrate 8.9g 3 %

Dietary Fiber 0.8g 3 %

Sugars 7.7g

Protein 3.9g

Vitamin A 1 % Calcium 12 %

Vitamin C 4 % Iron 1 %