



Spicy Pan Fried Fillet of Mullet

Ingredients

- g Mullet fillet
- tsp MAGGI Rasa Musu
- tbsp Garlic
- tbsp Mustard
- g Coriander leaves
- mL Corn oil
- g Salt
- Medium Lime
- g Ginger

Instructions

1. Cut the mullet fillet in to 70g pieces.
2. Marinate the fish fillet with MAGGI Rasamusu, garlic, ginger, mustard, coriander leaves, lime and salt & pepper.
3. Leave it for an hour.
4. Heat the oil in a pan and fry the fish until it's done.

Nutrition

Carbohydrates	6.91 g
Energy	173 kcal
Fats	53.96 g
Fiber	1.3 g
Protein	23.85 g
Sodium	643.32 mg
Sugars	1.14 g

90 Minutes

2 Portions