

## BAKED SPICED FISH

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(Olive Pinto)

### **Ingredients**

1 lb fillets of fish  
200 grams plain yogurt  
1 tbsp vinegar  
1 tsp mixed spice powder  
2 cloves garlic crushed  
1 tsp cumin powder  
½ tsp chilli powder  
Juice of half a lemon  
Salt to taste

### **Method:**

- ❖ Wash and dry the fillet of fish - sprinkle with salt and lemon juice. Set aside for a few minutes to marinate.
- ❖ Combine with yogurt with the rest of the ingredients. Place the fish in a shallow baking dish. Make two deep gashes across the fillets.
- ❖ Pour the yogurt mixture over the fish and let it marinate for a couple of hours.
- ❖ Bake in a moderate oven (375°F) for about 30 minutes.