

Indian Grilled Fish

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A simple (and easy) broiled fish with some Indian spices to it.

12 ounces fish fillets (I used tilapia, could use sole, orange roughy, red snapper)

2 teaspoons cumin seeds

1/4 teaspoon red chili flakes

2 small garlic cloves, roughly chopped

1 teaspoon kosher salt

1 tablespoon lime juice (or lemon juice)

GARNISHES:

2 whole green onions, minced

1/4 cup fresh tomatoes, chopped

2 tablespoons fresh cilantro, or parsley

1/4 teaspoon tandoori spices

Serving Ideas: Serve the fish with a rice dish - stack the fish on top of the rice, then add the garnish.

Per Serving (excluding unknown items): 163 Calories; 2g Fat (9.5% calories from fat); 31g Protein; 5g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 1041mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.

Servings: 2

1. In a food processor drop cumin seeds through the feed tube. Allow to blend until most of them have broken apart. Add chili flakes, garlic and salt. Add lime juice and continue to process.
2. In a broiler pan just large enough to hold the fish fillets, pour half the marinade over the fish, turn the fillets over and add remaining mixture. You can place the fillets on a piece of aluminum foil (easier cleanup). Set aside for 15 minutes or so.
3. Meanwhile, prepare the garnishes.
4. Preheat broiler, then broil fish for about 4-10 minutes, depending on the thickness of the fish. Broil only until the fish begins to flake easily with a fork.
5. Remove from broiler, then use a large spatula to place fish on top of your choice of rice. If any juices remain, pour that over the top. Add tomatoes, green onions, cilantro and lastly sprinkle the top of the fish with just a smidgen of tandoori spices. Serve immediately.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>