



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# CURRY BASTED FISH

**Time: 15 minutes**

**Serves: 4**

### **Ingredients:**

1 tablespoon grapeseed or other neutral-flavoured oil  
1 tablespoon lemon juice  
1 clove garlic - finely chopped or grated  
1 teaspoon garam masala  
1 teaspoon chili powder  
½ teaspoon kosher salt  
¼ teaspoon turmeric  
4 4-ounce mahi mahi filets  
1 tablespoon cilantro - chopped

### **Preparation:**

Preheat broiler on high.

In a suitable bowl, stir together the oil, lemon juice, garlic, garam masala, chili powder, salt and turmeric.

Place the fish on a foil-lined pan and baste with the spice mixture.

Broil, basting occasionally for five to seven minutes or until just cooked through.

Plate sprinkled with cilantro and serve immediately.

### **Nutritional Information Per Serving:**

Calories: 127  
Fat: 4g  
Carbs: 0.1g  
Fibre: 0.1g  
Protein: 21g