

# Flavour-packed fish recipes for the weekend lunch

Looking forward to making your Friday lunch special? Dive into these delectable fish recipes that are perfect for a satisfying and delicious meal. These recipes promise to deliver a delightful dining experience. So, get ready to enjoy a weekend lunch full of flavour and flair!

## BAKED FISH IN SOY SAUCE

### Ingredients

1 kg basa/koral, boneless and skinless  
6 dried red chillies  
6 tbsp soy sauce  
1 tsp red chilli powder  
4 small onions  
2 tbsp brown sugar  
1 tbsp lemon juice  
Salt (optional)  
Spring onions

### Method

Prepare the fish, wash well and drain water with a sieve. Set aside and allow the fish to dry. Chop onions roughly and sauté until transparent. Set the pan aside until the onion and the oil cools down to room temperature. Throw in chilli powder, salt, brown sugar, lemon juice, and soy sauce and mix with a spoon.

Marinate the fish with this mixture for at least 20 minutes and refrigerate. Roughly chop the spring onion and set aside. Preheat the oven and place the fish in a baking dish (best if the same dish is your serving dish too).

Pour the remaining spice mixture and oil on the fish. Take out the stems of the dried red chillies and place them on the fish. Throw in half of the chopped onion and bake for 15-20 minutes at 180° or until the fish is flaky.

Have this hot and sweet fish with a small

portion of steamed rice.

## ILISH MACHER TOK

### Ingredients

6 pieces hilsa  
2 tbsp tamarind paste  
100g jaggery  
½ tsp panch phoron (Bengali five spice)  
2 dry red chillies  
1 tsp turmeric powder  
2 tbsp mustard oil  
Salt to taste

### Method

Wash the fish pieces and marinate with turmeric powder and salt. Mix tamarind paste with one cup of boiling water and leave the mixture for 10 minutes. Using a strainer separate the fibres and keep the tamarind water aside. Now, heat the oil in a pan and fry the fish from both sides.

Remove from pan and keep aside. Temper the remaining oil with five spices and dry red chillies. Add tamarind water, jaggery, and salt. Bring it to a boil. Once boiling starts, add fried fish and cook for 5 minutes with the lid on. This dish should have sufficient gravy at the end.

Switch off the flame and wait until the "ilish macher tok" comes to room temperature. Serve with steamed rice.

## GARDEN FISH CAKE

### Ingredients

200g salmon, tuna, or any boneless fish  
1 big potato (boiled, smashed)  
¼ cup carrot, diced  
¼ cup bell pepper, diced  
Mint leaves (a dash), chopped  
½ cup bread crumbs  
1 big onion, chopped  
1 tsp garlic powder  
Salt to taste  
1-2 green chillies, diced (optional)  
1 tsp freshly ground black pepper  
2 tbsp melted butter  
Parsley (a dash), chopped  
1 egg  
¼ cup cream or evaporated milk

