



Ingredients

- Mediums Whole Tilapia
- Medium Onion
- tsp Ginger
- Cloves Garlic
- tsp Black Pepper
- 1/2 1/2 tsp African Nutmeg
- tsp Pepper (Chili)
- MAGGI Cube
- mL Vegetable Oil
- tbsp Vinegar

Instruction

1. Clean the Tilapia and makes cuts all along the both side of the fish. Cutting until the fish bone as more as possible to allow cooking very fast
2. In a blender, set chopped onion, garlicks, gingers, black pepper, nutmeg powder, fresh pepper, few water. Then blend. Add one MAGGI Arome Tablet, vinegar and oil to the blend and stir gently. Then taste to correct seasoning.
3. Spread the fish with the marinade (the blended of spices) and keep them to fridge a while.
4. Make a charcoal BBQ. While the fire turn into medium heat, set the fishes onto the grill. Spread the marinade on the fishes time to time until end up.
5. Serve with fried ripe plantain, banku, Attiéké and little tomato stew.

Nutrition

Les glucides	4,69 g
Énergie	189,49 kcal
Les graisses	8,41 g
Fibre	0,56 g
Protéine	24,15 g
Graisses saturées	2,88 g
Sodium	915,49 mg
Les sucres	1,25 g

🕒 42 Minutes

⊕ 6 Portions