



## Ingredients

- Mediums Whole Tilapia
- Onions, raw
- tsp Chopped Ginger
- Cloves Garlic, raw
- tsp Black pepper powder
- 1/2 1/2 tsp African Nutmeg
- scotch bonnet
- MAGGI Naija Pot
- cup Peanut Spread
- tbsp Vegetable Oil
- tbsp Vinegar
- Mediums Egg, white, raw, fresh
- cups Wheat flour, white (industrial), 10% protein, unbleached, enriched
- cups couscous

## Instruction

1. Clean the Tilapia and make cut all along both side of the fish. Cutting until the fish bone as more as possible to allow cooking very fast
2. In a blender, set the chopped onion, garlicks, gingers, black pepper, nutmeg powder, fresh pepper, peanut paste, small water. Then blend. Add one MAGGI Mxpy Garlic & Ginger, MAGGI Naija Pot, vinegar and oil to the blend and stir gently. Then taste to correct seasoning.
3. Spread the fish with the marinade (the blended spices) and keep them in the fridge for a while. Place a coating set and pass the fishes through each plate: plate of wheat, plate of whipped egg, plate of GARI. Keep the fishes aside.
4. Make a charcoal BBQ. While the fire turn into medium heat, set the fishes onto the grill and bring to cook. Serve with fried ripe plantain, banku, Attiéké and little tomato stew

### Nutrition

Carbohydrates	83,74 g
Energy	691,18 kcal
Total fat	21,13 g
Fiber	6,94 g
Protein	36,59 g
Saturated Fats	5,66 g
Sodium	901,58 mg
Sugars	5,17 g

🕒 50 Minutes

⊕ 6 Portions