

TRADITIONAL DISHES FROM NORTH EAST INDIA



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Enjoy traditional 'Bhapot Diya Mach' – an Assamese delicacy

This is a very famous dish from Assam. It's easy to cook & saves your time as well.

Ingredients:-

- .500gm. of fish (cut into pieces)
- .3 tbsp mustard paste
- .2-3 green chillies
- .1 tsp red chilli pd
- .1 1/2 tsp turmeric pd
- .2 tsp oil
- .salt, pepper (to taste)

Method:-

Mix all ingredients (except Fish, Oil & Green chilli). Put fish into this mixture for 1/2an hour.

In a microwave safe bowl add oil & green chillies and put in the microwave for 1 min at 100% power. Now add marinated Fish into it and put in the microwave state (covered) at 80% power for 6-7 min. Serve hot with boiled rice. Yum!

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BY TGARG

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