



### Ingredients :

- 2 ilish or other fatty fish (trout)
- 3 teaspoons of mustard seeds
- 4 chillis finely chopped
- 1 teaspoon of turmeric
- Banana leaves
- 2 tablespoons of water

### Preparation :

Soak the banana leaves in water.

Put the water, mustard, chili and turmeric in a bowl, mix well and coat the fish. Wrap the fish in banana leaves.

Bake at 180° degrees for 15 minutes, until the leaves of banana dry and shrivel.

Serve with rice and a few vegetables.