

Curried White Fish



Ingredients

100 grams White Fish
1 tbsp Lemon juice of lemon
1 Melba Toast Cracker
1 tbsp Onion minced
1 clove garlic
1/8 tsp Onion Powder
1/8 tsp Garlic Powder
1/8 tsp Curry Powder
Salt to taste
Pepper to taste
Parsley Fresh

Cook in a saucepan or frying pan