



Asian Baked Fish

SERVES 4

INGREDIENTS

2cm piece fresh ginger, peeled and grated

1 garlic clove, sliced

3 tbs salt reduced soy sauce

2 tbs fish sauce

1 tsp sesame oil

4 white fish fillets 120g each, skin and bones removed

1 carrot, cut into thin strips

2 spring onions, thinly sliced on the diagonal

1 lime, thinly sliced

Fresh mint, coriander leaves and lime wedges to serve

1 cucumber, halved, deseeded and finely sliced

Salad

2 tsp fish sauce

½ tsp sesame oil

2 tsp rice vinegar

2 cups Asian Baby Leaf Salad

Small handful of bean sprouts

1 spring onion, finely sliced on the diagonal

METHOD

1. Preheat the oven to 220°C. Combine ginger, garlic, soy sauce, fish sauce and sesame oil in a bowl.
2. Cut four pieces of foil, each large enough to enclose a fish fillet. Place ¼ of the carrot and 1 fillet of fish on each piece of foil, spoon over the sauce and top with spring onion and lime slices. Fold foil edges and seal to form parcels and place on a baking tray. Bake for 15 minutes or until fish is just cooked through.
3. To prepare salad combine the fish sauce, sesame oil and vinegar in a screw top jar, shaking well. Combine the vegetables and toss dressing through.
4. Remove the fish from the foil parcels and place on serving plates. Top with fresh mint and coriander leaves then serve with the cucumber, salad and lime wedges

