

Recipe of the Week



Whole Baked Fish

- 1—2 kg Whole Fish (Gutted & Scaled)
- 2 gloves garlic, thinly sliced
- 1cm knob ginger, thinly sliced
- 1 Lime, thinly sliced
- 3 Spring Onions (Shallots), thinly sliced
- 1/2 small chilli, finely sliced
- 2 tbs Lime Juice
- 1 tbs Fish Sauce
- 1 tbs Castor Sugar

Preheat oven to 200oC. Line a large baking tray with baking paper.

Place garlic, ginger & lime into the fish cavity and season with salt & pepper. Place on the tray and bake for 20 minutes or until flesh flaked away easily from the bone.

Combine the chilli, lime juice, fish sauce, sugar & shallots. Stir to dissolve the sugar.

Pour over the cooked fish and serve with steamed rice & a salad.