

Recipe of the Week!

BBQ Fish with Coconut Noodle Salad

4 x 200g Orange Roughy fillets
200g rice stick noodles
2 Lebanese cucumbers
165ml can coconut cream or milk
2 1/2 tbs fish sauce
Juice of 1 lime
1 tsp caster sugar
1 tbs finely grated ginger
1 tbs sunflower oil
2 long red chillies, deseeded, chopped
3/4 cup roughly chopped coriander leaves



Place noodles in a large bowl and pour over enough boiling water to cover. Stand for 15 mins, occasionally stirring, then drain.

Remove seeds from cucumbers, then cut into thin matchsticks. Combine coconut milk, fish sauce, lime juice, sugar, chilli, ginger, coriander and cucumber in a large bowl.

Add drained noodles and toss well to combine.

Heat a barbecue or chargrill pan on med-high heat. Rub the fish with oil and season with sea salt and freshly ground black pepper.

Cook the fish for 3 mins on each side until cooked through

Serve immediately with the coconut noodle salad.