

# Recipe of the Week

## Soy-Chilli Fish Parcels



- 4 White Fish Fillet, 150-200g each
- Olive Oil Spray
- 1 1/2 cups Bean Sprouts
- 2 cloves Garlic, crushed
- 4 Spring Onions, finely sliced
- 1/2 tsp Sesame Oil
- 2 tbsp Sweet Soy Sauce
- 1 lrg Fresh Red Chilli, deseeded and finely sliced
- 2 tsp Chinese Rice Wine
- Foil, for wrapping

Cut 4 pieces of foil large enough for each fillet when wrapped. Lightly spray oil on foil and place fish fillet on top.

Combine all remaining ingredients, top each fish fillet with generous serve of vegetable mix.

Seal foil to totally enclose fish and transfer to a baking dish or oven tray. Bake in a moderate oven (180oC) for approximately 20 minutes or until fish is just cooked through.

Serve with rice and steamed Asian vegetables or a salad made with Asian greens and a soy/honey/sesame dressing.

*This dish is extremely low in fat (approx 6 gr per serve), so is a great dish for those watching their weight. You can also substitute a cutlet (salmon or tuna) for the fillets. These could be slightly higher in fat, but also higher in Omega 3 type oils*