

Recipe of the Week!

Fast Asian Fish

4 x 120g Skinless Salmon
or Ocean Trout Fillets
1/3 cup light soy sauce
2cm piece very finely
shredded ginger
1/3 cup sweet chilli sauce
Steamed rice to serve
4 Spring onions, thinly sliced diagonally



Preheat oven to 200oC. Place the fish in a shallow baking dish.

Combine the soy sauce, ginger and sweet chilli sauce
and pour over the fish.

Cover with foil and bake for 8 minutes
or until just cooked through

Serve fish on a bed of rice.
Drizzle with the sauce and garnish with the spring onion.