

# 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.