

Baked Whole Fish - Asian Style

<https://www.anotherfoodblogger.com/recipes/baked-whole-fish/>

Whole Fish

- 500 g whole fish see tips
- 1 lemongrass peeled and cut
- 1 thumbsized piece ginger cut into matchsticks
- 2 cloves garlic chopped
- 2 red chili cut into matchsticks
- 1 handful coriander stalks reserve the leaves for later
- 1 spring onion sliced at an angle
- 1 tbsp soy sauce
- 2 tbsp white wine
- 1 lime zested

Noodles

- 1 bunch soba noodles usually 90g
- 1 tsp sesame oil
- 2 spring onions finely chopped
- 1 tbsp sesame seeds toasted

Noodle Sauce

- 2 tbsp soy
- 2.5 cm piece ginger grated
- 1 tsp rice vinegar
- 1 tsp sugar

Garnish with coriander leaves, sesame seeds & lime wedge



Fish

1. Mix soy, wine & lime zest together and set aside
2. Mix spring onions, garlic, chili, ginger and ½ coriander stalks together – set aside
3. Cut 2 pieces of parchment paper about 2-3” larger than the fish
4. Cut 3 slices into the fish flesh on either side
5. Place ½ the ginger/chili mix onto 1 of the parchment paper pieces and place fish on top. Topping fish with remainder if ginger/chili mix
6. Stuff fish with lemongrass (*to prepare lemongrass chop off the root, peel the outer layers and slice ½ lengthways*) & other ½ of the coriander stalks
7. Pour soy/wine mix over fish and place 2nd piece of parchment paper over the top
8. Crunch up all the edges, folding them over until the parcel is sealed
9. Cook fish for 20-25 minutes @ 180c. Fish needs to reach 63c
10. Once cooked spoon over some of the steaming liquid and top with garnish

Noodles

1. Boil noodles according to packet and refresh
2. Add sesame oil to frying pan and fry spring onions on medium heat for 30 seconds, add sauce and noodles back to pan, add sesame seeds and toss in frying pan.

3 x recipe for Baked Whole Fish - Asian Style

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Whole Fish

- 1500 g whole fish see tips
- 3 lemongrass peeled and cut
- 3 thumbsized piece ginger cut into matchsticks
- 6 cloves garlic chopped
- 6 red chili cut into matchsticks
- 3 handful coriander stalks reserve the leaves for later
- 3 spring onion sliced at an angle
- 3 tbsp soy sauce
- 6 tbsp white wine
- 3 lime zested

Noodles

- 3 bunch soba noodles usually 90g
- 3 tsp sesame oil
- 6 spring onions finely chopped
- 3 tbsp sesame seeds toasted

Noodle Sauce

- 6 tbsp soy
- 7.5cm piece/s ginger grated
- 3 tsp rice vinegar
- 3 tsp sugar

Garnish

- coriander leaves
- sesame seeds
- lime wedge



Fish

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Beans and Flaked Almonds

- 500g [1kg] Beans with their tops cut off
 - 120g [240g]
 - 1 tbsp [2 tbsp] Butter
 - S & P
 - 2 tsp White wine vinegar
1. Blanch beans in boiling water for 3 min and drain
 2. Melt butter in large frypan, add almonds and brown.
 3. Add beans, S7P and vinegar
 4. Toss to combine and serve immediately



As a salad

1. Blanch beans in boiling water for 5 min and drain under cold water till beans are cold.
2. Toast almonds in oven till brown.....be very careful not to burn.
3. Make a dressing with
 - Juice of 1 lemon
 - 1 tbsp pomegranate molasses... or 2 tsp honey
 - Oil to double the amount of lemon and sweetener
 - 1 heaped tsp Dijon Mustard
 - S&P
4. Toss beans, Almonds, dressing and parsley leaves if you have it. Serve on platter

Roast Carrot and Onion

- 500g [1kg] Small carrots
- 1 [2] red onions
- 1 tbsp [2 tbsp] Olive Oil
- S & P

Roast Veg

1. Preheat oven to 190c
2. Peel Carrots and cut into 4 longways
3. Peel onion leaving as much of the root stub as possible Cut the onion into wedges trying to keep a portion of the root stub on each section of onion.
4. Place carrot and onion into a large bowl and toss in the olive oil
5. Place on a baking paper lined tray and season with Salt & Pepper.
6. Roast for **45-60min** or till onion tips of carrots have begun to turn deep brown and carrots have softened.



Serving ideas

1. Serve as a simple side dish
2. Serve as a brunch dish on a piece of
 - toasted bread
 - carrot and onion,
 - top with a poached egg and
 - hollandaise sauce
3. Make a salad with the carrot and onion, rocket, feta, toasted almonds, mint and a dressing.