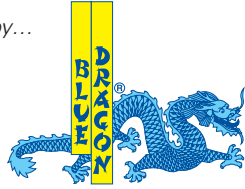


Brought to you by...



Quick Asian fish

Serves 4

2tbsp olive oil

4 white fish fillets, eg. cod or whiting

1 red onion, chopped

2 garlic cloves, crushed

250ml soy sauce

2tbsp brown sugar

1tsp Blue Dragon Fish Sauce

1 lime, juice

To serve

Steamed rice

Asparagus

Mangetout

1 Heat the olive oil in a frying pan and fry the fish fillets for about three minutes on each side. Remove from the pan and set aside.

2 In the same pan, sauté the onion and garlic for about three minutes, then add the soy sauce, brown sugar, Blue Dragon fish sauce and lime juice. Simmer until the sauce becomes syrupy.

3 Add the fish and heat through. Serve with steamed rice, asparagus and mangetout.

Fat	9g	Carbs	14g	Energy	324kcal
Protein	49g	Sodium	.3g	Fibre	.1g



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