

Steam Fish with Asian Dressing Recipe

Ingredients:

750 g whole fish (such as snapper or barramundi), scaled, cleaned
2 tablespoons peanut oil, plus extra to brush
1 tablespoon sesame oil
1 tablespoon fish sauce
2 tablespoons brown sugar
1 long red chili, seeds removed and cut into thin strips
2 cm piece fresh ginger, peeled and cut into thin strips
2 garlic cloves, crushed
Fresh coriander (cilantro) leaves, to garnish

Method:

Preheat oven to 200 degrees Celsius. Line a baking tray with baking paper. Cut 3 large slashes on each side of the fish with a sharp knife, brush with extra peanut oil and place on the prepared tray. Bake for 10 minutes or until crisp and cooked through. Alternatively, the fish can be pan-fried in a little oil until crisp and cooked through instead of baking.

Meanwhile, place the peanut and sesame oils, fish sauce and brown sugar in a small pan and cook over medium heat for 5 minutes. Transfer the cooked fish to a serving platter. Place the chili, ginger and garlic on top of the fish and then immediately pour the hot oil over the fish. Garnish with coriander leaves and serve hot.

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