

BAKED THAI SEABASS



QUICK

>10 mins prep time

HEALTHY

Seabass is low in fat and a good source of omega-3 fatty acids, which may help prevent heart disease

FAMILY



Feeds 5

MEALS

Delicious served with brown rice and stir fried vegetables

INGREDIENTS

- 5 seabass fillets approx. 500g
- 50 ml soy sauce
- 50 ml water
- 2 lemongrass sticks
- 2 garlic cloves
- 3 cm thumb fresh ginger
- ½ red chilli
- 2 spring onions
- Handful coriander – 10g
- 30g flaked almonds
- Optional – 1 lime to squeeze on top at the end

METHOD

- 1) Put the oven onto 180°C (Fan oven)
- 2) Bash the lemongrass sticks and put at the bottom of an oven proof dish
- 3) Put the seabass fillets on top
- 4) Pour over the soy sauce and water
- 5) Dice the chilli and sprinkle on top
- 6) Thinly slice the garlic and sprinkle over
- 7) Chop the ginger into thin sticks and sprinkle over
- 8) Put into the oven and cook for approx 14 mins (depending on the fish you have chosen to use)
- 9) Slice your spring onion and chop your coriander
- 10) Dry fry the almonds – keep your eye on them so they don't burn
- 11) Serve the fish, with the spring onion, toasted almonds and the coriander sprinkled on top
- 12) Add a squeeze of lime if you like
- 13) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com