



Recipe of the week!

Asian style Coleslaw with Grilled Fish



Ingredients:

1/4 green cabbage, finely shredded

4 red radishes, washed, dried and
thinly sliced

1 large carrot, peeled and coarsely
grated

1 cup bean sprouts

50g snow pea sprouts, halved

4 green shallots, thinly sliced diago-
nally

1/2 cup fresh coriander, coarsely
chopped

1/4 cup finely shredded mint

1 tablespoon of light soy sauce

1 tablespoon fresh lime juice

1 tablespoon chopped palm sugar

2 tablespoons finely grated ginger

1/2 tablespoon sesame oil

1 tablespoon vegetable oil

8 small white fish fillets

Method:

1. Combine cabbage, radish, carrot, bean sprouts, snow pea sprouts, green shallot, coriander and mint into a large bowl.
2. Whisk together the soy sauce, lime juice, palm sugar, ginger and sesame oil in a small bowl.
3. Heat the vegetable oil in a large non stick frying pan over high heat. Season the fish with salt and pepper. Cook the fish for 3-5 minutes each side or until golden brown or cooked through.
4. Drizzle the coleslaw with a soy sauce mixture and gently toss until just combined. Divide the coleslaw among serving plates. Top with fish and serve immediately.

