

STICKY KINGFISH WITH RICE AND GREENS

SERVES: Serves 2 as a main

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INGREDIENTS

- 2 South Australian Yellowtail Kingfish portions 200-250g, skin off
- Marinade:
 - 2 garlic cloves
 - 1 tbs ginger, chopped
 - 1/3 red chilli, deseeded and sliced
 - 1 tsp lemongrass
 - 2 tsp tomato paste
 - 1 tbs mirin
 - ½ cup soy sauce
 - 3 tbs hoisin
 - 1 tbs oyster sauce
 - 1 tbs lemon juice
 - 1 tsp fish sauce
 - 2 tbs sweet chilli sauce
 - 2 tbs vegetable oil
 - 2 tbs brown sugar



METHOD

1. Add all ingredients for the marinade in a pot and gently mix together. Allow to simmer and reduce by half. Once reduced, allow to cool.
2. Once cooled, place Kingfish portions in flat bottom dish and pour over marinade. For even better flavour result, cover Kingfish & allow to sit in fridge for a couple hours or even overnight.
3. When ready to cook, preheat oven to 180°C. Place the fish on a tray lined with baking paper and cook 16-20 minutes to your liking. Be careful not to overcook.
4. Serve with rice and steamed greens.