

Asian-Style Oven Baked Fish

Calories: 207 kcal

Servings: 4

Time: 0 Mins

Ingredients

- 1.50 tbsp Apple Cider Vinegar
- 4.00 cm piece Ginger (cut into thin strips)
- 4.00 tbsp Olive Oil
- 2.00 pod Red Chilli (seeds removed, cut into thin strips)
- 2.00 g Salt and Pepper (to season)
- 120.00 g Sesame Seeds
- 75.00 ml Soy Sauce (salt reduced)
- 80.00 g Spring Onion (sliced diagonally)
- 1,480.00 g Whole Fish cleaned and gutted but with head intact (we used Snapper)

Instructions

1. Preheat oven to 220C.
2. Make 2 slashes in the thickest part of the fish flesh, brush a roasting pan with 2 tbsp of the oil and place the fish in the pan, brush the flesh with remaining oil, season with lite salt and pepper and sprinkle with sesame seeds.
3. Bake for 60 minutes or until the fish are cooked through (the flesh will flake away easily when tested). Once cooked cover with foil and rest the fish for 10 minutes.
4. Combine the ginger, chilli, soy, vinegar and 2 tbsp of water in a pan. Cook over low heat until the ginger and chilli have started to soften.
5. Place the fish on a large plate and pour the Asian-style dressing over top and garnish.