



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 15 mins

Serves: 2

INGREDIENTS

- 2 large white fish fillets
- Spray oil
- 2 tbsp lime juice
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- **SAUCE**
- 1/4 cup gluten free Hoisin sauce
- 1 tbsp gluten free soy sauce
- 1 tbsp grated ginger

METHOD

- Preheat the oven to 180C.
- Place the fish onto a lined oven tray, and top spray with oil and drizzled lime juice.
- Bake the fish in oven for 12-15 minutes until cooked through.
- Place fish onto a serving plate.
- ***Meanwhile:*** mix together the salad ingredients.
- Combine the sauce ingredients and pour over the fish.
- Arrange the salad on top of the fish.
- Serve with a wedge of lime.

ASIAN STYLE FISH **WITH CORIANDER** **SALAD**



- **SALAD**
- 1 cup bean sprouts
- 3 spring onions, thinly sliced
- 1/2 cup fresh coriander, chopped
- 2 large kaffir lime leaves, finely sliced
- 1/2 red chilli, thinly sliced (optional)