

CHINESE BAKED SEA BASS WITH PAK CHOI



Preparation time: 10 minutes

Cooking time: 20 minutes

Serves 2

Ingredients

2 sea bass fillets
1 red chilli
1 teaspoon root ginger
300g pak choi
2 teaspoons olive oil
1 teaspoon sesame oil
2 garlic cloves
2 teaspoons soy sauce (low salt)

Method

Preheat the oven to Gas Mark 6/200c/180c Fan. Prepare a piece of foil large enough to wrap the bass fillet. Place the bass in the centre of the foil and sprinkle with the chilli, ginger and a pinch of salt. Fold the foil to form a parcel around the fish and place in the oven for 15minutes.

Meanwhile place the pak choi in a steamer for at least 10minutes.

Heat the oils in a small frying pan, add the garlic and gently fry.

Serve the fish on top of the pak choi with the garlic oil and soy sauce sprinkled on top.

Per 100g:

Medium fat, low saturates, low sugars, medium salt

Per serving:

Energy 233 kcal, 971 kjoules 9.6g fat, 1.7g saturates, 0.9g sugars, 1.1g salt

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