



# Member Recipes

## SOY AND SESAME GRILLED FISH

### INGREDIENTS

- 4 thick fish fillets
- 1 tbsp light soy sauce
- 2 tbsp sesame oil
- 1 tbsp honey
- 2 cm fresh ginger, peeled and grated
- 3 cloves garlic, finely chopped
- Grated rind of 2 limes
- 100 g packet dry noodles
- 1 tbsp sesame seed
- Matchstick fresh vegetables of your choice and do a quick stir fry

**NOTE:** Use thick fish fillets for this recipe such as blue eye, swordfish, or tuna, even barramundi fillets. Fish cutlets are also an option. Do not marinate the fish for any longer than about 15 minutes, the lemon juice will begin to tenderise the fish making it pasty.

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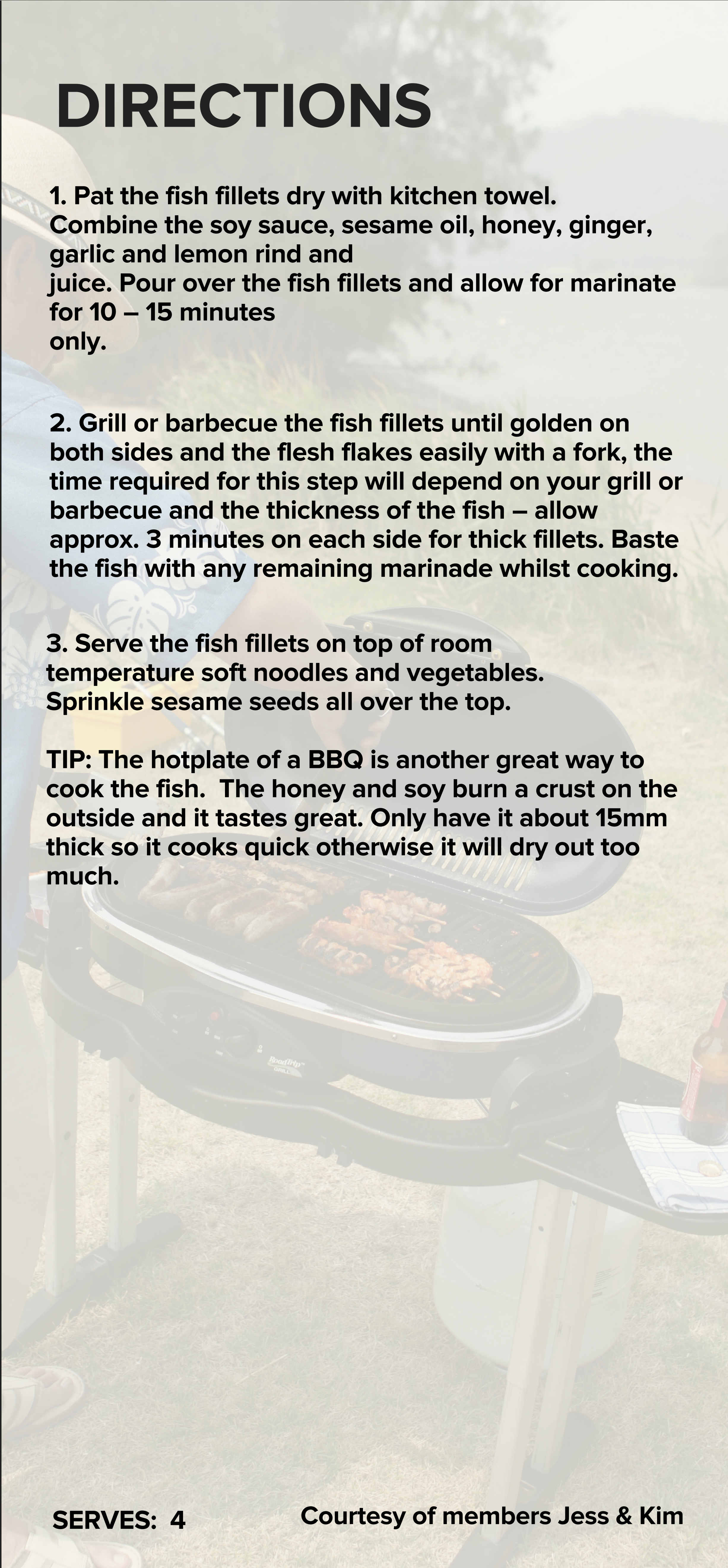
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### DIRECTIONS

1. Pat the fish fillets dry with kitchen towel. Combine the soy sauce, sesame oil, honey, ginger, garlic and lemon rind and juice. Pour over the fish fillets and allow for marinate for 10 – 15 minutes only.
  2. Grill or barbecue the fish fillets until golden on both sides and the flesh flakes easily with a fork, the time required for this step will depend on your grill or barbecue and the thickness of the fish – allow approx. 3 minutes on each side for thick fillets. Baste the fish with any remaining marinade whilst cooking.
  3. Serve the fish fillets on top of room temperature soft noodles and vegetables. Sprinkle sesame seeds all over the top.
- TIP:** The hotplate of a BBQ is another great way to cook the fish. The honey and soy burn a crust on the outside and it tastes great. Only have it about 15mm thick so it cooks quick otherwise it will dry out too much.



**SERVES: 4**

Courtesy of members Jess & Kim