

CALORIE CONTROL RECIPES

MAINS

Asian Style Fish – serves 4

1 lime (or lemon, if unavailable)
2 Tbsp sherry
1 Tbsp sugar
1 Tbsp soy sauce
600 g fish steaks or fillets
lime slices to garnish
fresh coriander to garnish

With a sharp knife, remove the rind from the lime, taking as little pith as possible. Slice the rind very thinly. Squeeze the juice from the lime. Mix the lime rind, lime juice, sherry, sugar and soy sauce together. Pour over the fish and allow to marinate for 20 minutes. Bake at 150 C for 15 minutes or until the fish flakes easily with a fork. Garnish with lime and fresh coriander.