

CALORIE CONTROL RECIPES

MAINS

Mango Fish Scrolls – serves 4

450 g can Mango slices in natural juice

400 g white fish fillets

2 tbsp melted butter

½ cup fresh breadcrumbs

2 tbsp chopped dill or mixed herbs

1 tbsp cornflour

1 tbsp sweet chilli sauce

8 toothpicks

Drain mango slices, reserve liquid. Dip fish in butter, roll in breadcrumbs and herbs. Place mango slices along one end and roll fillet securing with a toothpick. Pan fry.

Mango sauce:

Blend cornflour with ¼ cup mango juice, heat and slowly add remaining juice while stirring over medium heat until sauce thickens, about 2 minutes. Add sweet chilli sauce and serve with fish scrolls. Serve with freshly tossed green salad.