



fresh produce



• seafood



• gourmet



Asian Inspired Oven-Baked Halibut

Serves: 1

Ingredients

- ½ cup of cooked brown rice
- 3 slices of lemongrass
- 2 slices of lime
- Chopped Chilli padi to taste
- Salt and pepper to taste
- Cilantro
- 1 stalk of bok choy
- 1 clove of garlic
- 1 tsp of olive oil
- 1 pc of Halibut Fillet

Preparation

1. Cook brown rice
2. Dry the halibut with tissue and layer with lime slices then wrap it with foil.
3. Sprinkle lemongrass, chilli padi, salt, pepper and cilantro on top of the fillet.
4. Pre-heat oven for 10 minutes at 180 °C
5. Bake the fillet at 180°C for 15 minutes.
6. Heat the pan with olive oil and stir fry the garlic and bok choy.