

Fish Marinated in Turmeric

Preparation Time: 10 min

Cooking Time: 20 min

Servings: 4

Ingredients

- 400g firm, white-fleshed fish fillets
- 2 golden shallots
- 5cm turmeric root, peeled and grated
- 2 cloves garlic, crushed
- 1 small red or yellow chilli
- 1tsp honey
- 1tsp fish sauces
- 1tsp lime juice
- 2tbsp olive oil



Method

Finely chop the shallots. Chop the fish into bite-sized pieces. Combine all the ingredients in a bowl and leave to marinate in the fridge, covered, for at least 1 hour.

Place the fish mixture in a casserole dish. Bake, covered, for 20 minutes or until the fish flakes easily with a fork.