

These Basa fillets were originally priced at £5.36 by had a yellow sticker price of £1.12 So Sue headed to the recipes on Google and came up with this?..

Ingredients:-

3 Basa Fillets
1 Thumb of fresh Ginger, finely sliced
A hand fun of Cashew Nuts, toasted
A hand fun of Laver Seaweed, finely chopped and deep fried
2 Tbsp of Honey
1 Tbsp of Rice Wine Vinegar
2 Tbsp of Soy Sauce (Gluten free for us)
1 Tbsp of Oyster Sauce (Gluten free for us)
300g Butter / Margarine
1 Tbsp of fresh Thai Basil, chopped

Method:-

(1) Combine the Honey, Rice Wine Vinegar, Soy Sauce and Oyster Sauce in a bowl.
(2) Place the Basa fillets on Foil then but dots of Margarine or Butter on the Fish, followed by the sliced Ginger.
(3) Spoon over the Honey mix.
(4) Wrap the Foil around the Fish so none of the liquid can escape.
(5) Place on an oven tray and put in a pre-heated oven at 180c for 20 to 25 minutes.
(6) To serve plate the Fish and pour over the remaining cooking sauce. Sprinkle with the toasted

Cashew Nuts and fried Seaweed.

We served ours with Crispy Roasted Asian Potatoes
and fried Bok Choy. All very tasty. In fact we?re wondering if we?ll ever really enjoy English food again?.