

Coconut Baked Fish with Crunchy Kale Salad

Serves 4

4 x sheets of baking paper
4 x firm white fish fillets
1 x long red chilli, chopped
4 x kaffir lime leaves, chopped
4 x slices of ginger, cut into thin strips
1 x can coconut milk
2 x bok choy, washed and sliced finely
5 x kale leaves, stem removed, cut into small leaves
4 x spring onion, chopped
1 cup mung bean sprouts
2 cups cooked brown rice
¼ cup desiccated or flaked coconut
½ cup toasted almonds and pumpkin seeds
Fresh coriander and mint leaves to serve

Dressing:

2 tablespoons apple cider vinegar, 2 tablespoons maple syrup, 1 teaspoon soy sauce, 3 tablespoons olive oil.

Preheat the oven to 200°C. Place the kale leaves on a baking sheet, drizzle with some oil and place in the oven for 10-15 minutes until crispy.

Meanwhile, place each fillet of fish onto a sheet of baking paper. Top each with some chilli, kaffir lime leaf, ginger strips and a drizzle of coconut milk. Fold over the baking paper and roll up the ends to enclose the fish and bake in the oven for 12-15 minutes or until cooked through.

Place the bok choy, spring onion, mung beans, brown rice and coconut in a bowl. Combine all of the dressing ingredients and pour over the salad.

Once the fish is cooked through remove from the oven. Add the baked kale and the toasted almonds and pumpkin seeds to the salad and serve with the fish, topped with fresh coriander and mint leaves.

