



BAKED FISH IN CAJUN SPICES WITH SAUCE AND

Nutrition Facts/100 grams of fish: Calories 198, Protein 21g, Carbs 19 g, Fat 5g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 30 min



INGREDIENTS

Marinated Whole seabream Fish
(2X500 grams)

Onion, Garlic, Ginger

Celery, Sweet & Sour Mix

Butter

Cajun Spices, Sea Salt

Parsley

Broth Cube

Chili Flakes

Basmati Rice (1 cup)

METHOD

Fish

1. Preheat oven to 180C.
2. Place fish in an oven dish cook in oven uncovered for 30 minutes, check doneness, meat should flake easily with fork. If not done, cook 10 minutes further.
3. While the fish is cooking cook the rice and prepare the sauce.
4. When all is done, carefully transfer fish over rice, serve sauce on the side.

Rice

5. Wash rice and drain well.
6. Place pot over medium heat, add water, rice, and salt.
7. Turn heat to high, bring water to boil, cover with tight lid, reduce heat to lowest, cook for 20 min.
8. Remove pot from heat, keep covered and rest for 5 min.
9. Fluff with fork and transfer to serving plate.

Sauce:

10. Dissolve each broth cube in 350 ml boiling water and set aside.
11. Place a saucepan over medium heat, add butter and swirl to melt. Do not overheat.
12. When sizzling, add onions and celery with a pinch of salt. Cook until onions start to golden.
13. Add Garlic with a pinch of salt, half the Cajun spices and as much chili flakes as you like (non if you don't like it spicy).
14. Sautee for 30 seconds or until fragrant then add the sweet and sour mix.
15. Keep stirring until liquids are fully evaporated. Add half the parsley and stir for a few more seconds.
16. Add the dissolved broth, and remaining spices, bring to boil, reduce heat and simmer until about half the liquid is evaporated.
17. Remove from heat, adjust salt to taste, add remaining parsley and serve on the side.