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Deb's Divine Faskar

Ingredients

4 Faskar fillets
Oil
For the sauce
1 tsp. grated fresh ginger
2 shallots finely chopped
0.5 fl oz. oil
coconut milk
1 tsp. soy sauce
3 tsp. lime juice
1/2 tsp. lime rind
1/4 red capsicum
1 large mango – diced

Preparation

1. Sauté ginger and white part of shallots for about 2 to 3 minutes. Add coconut milk, soy, capsicum, lime juice and rind and simmer uncovered for 15 minutes to reduce. Remove from heat
2. Sauté fish
3. Return sauce to gentle heat, add mango and green part of shallots - only heat through, do not cook
4. Spoon over fish to serve. Ideal with fresh green salad or steamed rice and broccoli.
5. Thanks to Choose Wisely for this recipe

Cooks Note