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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
