

Baked Red Mullet Thai Style



Prep time: 3 minutes
Cooking time: 13-15 minutes
Serves: 2

Ingredients

- 4 x 100g red mullet fillets (skin on)
- 2 tbsp red thai curry paste
- Rice
- Coconut milk
- Chopped coriander
- Lime wedges

Alternative Fish

1. Cut deep slashes in the skin side of the red mullet, spread red Thai curry paste into the slashes.
2. Brush a tray with oil and lay the fish, skin side up, on the tray. Brush with oil and then place under a hot grill until the skin begins to crisp. Transfer to an oven at 180C to complete cooking.
3. Cook the rice in a mixture of half water, half coconut milk until tender, then season and spoon onto plates.
4. While the rice cooks, make a sauce by mixing 1 teaspoon of curry paste and a little coconut milk and boiling the mixture to thicken it a little.
5. Place the cooked red mullet on top of the rice and serve with the sauce and lime wedges.