

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Easy Satay Sea Bream – ready in under 25 minutes!



Ingredients – serves 4 people

4 each sea bream fillets (bones removed, skin slashed 5 or 6 times)

Marinade

2 large garlic cloves (finely grated)
1 inch ginger (finely grated)
2 Tbsp lemongrass (frozen/ready prepared)
2 Tbsp sunflower oil
1 each lime (zested)
2 Tbsp soy sauce
1 Tsp fish sauce
1 Tsp coriander powder
salt & pepper to taste

Peanut Sauce

1 Tbsp sunflower oil
4 large garlic cloves (finely grated)
1 large red onion (finely chopped)
3 Tbsp hot sweet chilli sauce
1 Tbsp fish sauce
½ tin coconut milk (approx. 200ml)
1 cup roasted unsalted peanuts (coarsely blended)
juice from zested lime above
salt & pepper to taste

Method

Place all marinade ingredients into a clean mixing bowl and whisk together. Taste and adjust the seasoning.

Add the sea bream fillets and mix ensuring the marinade gets into the slashes on the skin. Leave on the side.

Heat a pan over a medium/high heat then add the oil.

Add the onion and garlic and cook (sauté) until soft and fragrant.

Add the fish sauce and coconut milk then bring to a gentle boil.

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Pre-heat your grill to high.

Lay sea bream fillets skin side up onto a baking tray

Add the hot sweet chili sauce, peanuts and lime juice to the pan.

Stir to combine then lower the heat.

Place the sea bream under the hot grill and cook for 3 – 4 minutes (check they are ‘just’ cooked) then remove from the grill.

Taste the peanut sauce and adjust the seasoning if required.

Serve the sea bream fillets with steamed jasmine rice (brown adds a delicious nutty flavour) and either some grilled vegetable or a simple green salad on the side and the bowl of peanut sauce.

Notes from the chef:

The intensity of the marinade can be reduced by using less fish sauce.

Fresh lemongrass may be used but requires more cooking time and careful preparation. It can also be tough to cut – gently bash the stems first to soften the fibres.

Fresh or dried chili can be used in the peanut sauce but will take longer to cook and will also require preparation.

The intensity of peanut sauce can be adjusted by reducing the chili sauce and/or increasing the coconut milk and lime juice amounts.

The marinade can be made in advance and kept in the fridge for several days.

Place the sea bream fillets in a zip-lock bag then add the marinade and massage the contents gently to keep your hands clean and spice free!

Any peanut sauce left can be stored in the fridge for several weeks in an air tight container.

Tbsp - tablespoon

Tsp - teaspoon