



BANANA LEAF BAKED FISH

Karma Song Hoai Chef Le Thanh Tuan once again delivers a healthy Vietnamese classic, this time in the shape of a succulent fish baked in banana leaf that keeps it moist and tender while imparting a unique flavour...though you can also use tin foil if you don't have a banana leaf to hand!

Ingredients

- 100 grams of white fish
- 10 grams of chopped lemongrass stalk
- 10 grams chopped garlic
- 10 grams chopped shallots
- 1 teaspoon fried sliced shallots
- 1 teaspoon sesame oil
- 1 teaspoon vegetable oil
- 1 teaspoon butter
- 1 teaspoon chicken stock powder
- 1 teaspoon five spice
- 1 teaspoon oyster sauce
- 1 teaspoon black pepper
- Square cut banana leaf (or tin foil)

Preparation

Mix all ingredients into a bowl (except fish).
Cover the fish in the ingredients and layout on banana leaf or tin foil. Wrap tightly and then place in a preheated oven (180degrees).
Cook for 10 minutes and then serve in banana leaf.