

Fragrant Stuffed Sea Bass

Total time **50 mins** 10 mins preparation time 40 mins cooking time

Nutritional facts (per portion):
3496 kJ / 835 kcal

Fat: **34 g**

INGREDIENTS

4 portion(s)

200 g	basmati rice
1 tbsp	peanut oil
1	red chilli, finely chopped
4	spring onions, finely chopped
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
25 g	creamed coconut
3 tbsp	fresh coriander, chopped
1	Juice of lime
2	whole sea bass, gutted and cleaned
For the sauce:	
1 tbsp	sesame seeds
1	red jalapeno chilli
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	rice vinegar
1 tbsp	sesame oil
1 tbsp	peanut oil
1	Finely grated zest and juice of lime
2 cm	piece fresh root ginger, peeled and finely grated

PREPARATION

Step 1

Preheat the oven to 200°C, 400°F /Gas Mark 6.

Step 2

Cook the rice following pack instructions. When cooked, refresh with cold water and drain.

Step 3

Heat the oil in a large frying pan, add the chilli and spring onions and cook until softened. Add the cooked rice, soy sauce, creamed coconut, coriander and lime juice. Cook and stir for a minute until well combined.

Step 4

Place the sea bass on a lightly greased baking sheet. Cut three slits in the flesh of the fish. Spoon the rice into the cavity of the fish. You can tie with string if required. Cover with foil and cook for 15 minutes. Remove the foil and return to the oven and cook for a further 15 minutes or until the flesh is cooked.

Step 5

Once the fish is cooked remove from the oven and leave to rest for a couple of minutes.

Step 6

Place the sesame seeds in a small pan and toast.

Do not turn your back on the pan as seeds can burn very quickly. Add the remaining ingredients and heat until just boiling. Pour the sauce over the fish.

Step 7

Serve immediately with a selection of vegetables such as pak choi, green beans, and courgette and carrot ribbons.