

SNAPPER AND PRAWN SANDWICH WITH SOY BEANS AND BOK CHOY

EQUIPMENT

CHEFS KNIFE, SMALL MIXING BOWL, PERFORATED TRAY, BAKING PAPER,
FOOD PROCESSOR, SPOONS, MICRO-PLANE OR GRATER

INGREDIENTS

2 BABY SNAPPER FILLETS, 4 PEELED GREEN PRAWNS, 3CM PIECE PEELED GINGER,
3 SPRIGS CORIANDER, 12-15 FRESH SOY BEANS, 1 HEAD BOK CHOY,
SOY SAUCE, EXTRA VIRGIN OLIVE OIL, SALT FLAKES

METHOD

PLACE THE PRAWNS, SALT, CORIANDER AND 1/3 OF THE GINGER GRATED INTO THE BOWL OF A FOOD PROCESSOR AND BLEND UNTIL A SMOOTH PASTE IS ACHIEVED.

PLACE THE SNAPPER FILLETS ON TO A WORKBENCH SKIN SIDE DOWN AND LIGHTLY SEASON, SPOON THE PRAWN MIX OUT ON TO ONE FILLET AND SPREAD IT OUT EVENLY OVER THE FILLET.

PLACE THE OTHER FILLET ON TOP TO CREATE A SANDWICH, PRESS THE FILLETS TOGETHER AND SET ASIDE.

GRATE SOME GINGER ONTO A LARGE SHEET OF BAKING PAPER AND DRIZZLE THE PAPER WITH EVOO AND MIX. PLACE THE SNAPPER ON TOP OF THE GINGER AND SCATTER OVER SOYBEANS, DRESS WITH A LITTLE SOY SAUCE AND WRAP THE PAPER AROUND THE FISH TIGHTLY. PLACE THE FISH ON A PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 75°C FOR 25 MINUTES.

REMOVE THE ROOT FROM THE BOK CHOY AND WASH THE LEAVES, FINELY SLICE THE LEAVES AND SET ASIDE WITH SOME PICKED CORIANDER.

4 MINUTES BEFORE THE FISH IS DONE REMOVE THE TRAY FROM THE OVEN AND ADD THE CHOPPED BOK CHOY TO THE SAME TRAY AS THE FISH. INCREASE THE TEMPERATURE TO 100°C STEAM FOR THE FINAL 4 MINUTES.

ONCE COOKED REMOVE THE TRAY FROM THE OVEN AND MIX THE BOK CHOY WITH PICKED CORIANDER AND A LITTLE EVOO. PLACE THE BOK CHOY ON THE PLATE AND SLICE THE SNAPPER IN HALF AND PLACE THE SNAPPER ON TOP OF THE BOK CHOY. DRIZZLE WITH A LITTLE EVOO TO FINISH AND SERVE.

HINTS & TIPS

- BABY SNAPPER IS READILY AVAILABLE MOST OF THE YEAR AND IT'S SWEET FLESH COMPLIMENTS PRAWNS WELL.

- ASK YOUR FISHMONGER TO FILLET THE SNAPPER FOR YOU IF YOU ARE PURCHASING IT WHOLE AND KEEP THE BONES FOR A FISH STOCK.