



Thai fish salad

Simplicity is the key to a successful summer salad. This speedy recipe requires little preparation time and minimal ingredients; fresh white fish fillets, crisp green snow peas and seasonal herbs.

Available all year round, Blue-eye has a firm texture and adds a mild, delicate flavour to this light and tasty dish. Fish is low in fat and high in omega-3 fatty acids which are believed to help protect against heart disease. The Australian Heart Foundation recommends 2-3 serves of fish per week.

Handy Tip - Blanching the snow peas enhances their colour and adds moisture for extra crunch. Snow peas will also absorb the dressing better if briefly blanched.

Ingredients

2x200g fillets of firm white fish
(e.g. blue eye or snapper)
150g snow peas, trimmed
3/4 cup fresh coriander leaves
3/4 cup fresh basil leaves, halved
1 red chili, seeded and chopped

Thai Dressing

1 tbsp lime juice
1 tbsp fish sauce
2 tbsp brown sugar

Method

Heat a **pan** over medium heat.

Prepare the fish by brushing with oil and then add to pan and cook for 2-3 minutes each side. Once cooked, gently break the fish into large pieces.

Blanch the snow peas in a **saucepan** for 1 minute.

Once cool, halve diagonally.

To prepare the Thai Dressing, whisk together lime juice, sugar and fish sauce until combined.

Place the snow peas, coriander, basil, chili and cooked fish in a bowl. Add the dressing and gently toss. Serve warm or at room temperature.

Serves 2