

Pasta & Salsa with Pan-fried Fish Fillets

Serves 4



Ingredients

400 g, bay fish white fish fillet
1 onion, finely diced
Juice 1 lemon,
1 red capsicum, finely diced
2-3 garlic cloves, finely diced
1 med tomato, finely diced
5 curry leaves, finely diced
1 orange, finely diced
100 g wholegrain pasta
2 tbsp Healthier Choice Symbol (HCS) margarine
½ tsp salt
½ tsp pepper to taste

Preparation

1. Rub the fish with salt and pepper to taste and pan fry until cooked. Set aside.
2. Cook pasta in hot water according to packaging. Drain and set aside.
3. Heat oil in heated pan, add garlic and sauté until brown.
4. When garlic has browned, add the cooked pasta. Mix well.
5. To make the salsa, mix the onion, red capsicum, tomato, garlic and orange together.
6. To serve, place pasta on a plate, with the fish and then top with the salsa.

Semi-finalist



Courtesy of Calvin Seow and Dyer Seow

"Both of us enjoy cooking together and it also brings the whole family together enjoying the food."

