

Marinated Seabass on Sweet & Sour Noodles

4	Seabass fillets, scaled, boned	450ml	Honey
4tblspn	Olive oil	200ml	WW Vinegar
2tspn	Fish sauce	4tblspn	Tomato ketchup
2tspn	Soy sauce	¼ tspn	Ground clove
½	Garlic clove, chopped	¼ tspn	Ground cumin
1tblspn	Basil, chopped	1tblspn	Corriander, fresh
1tspn	Brown sugar	300ml	Pineapple juice
1-2	Lime juice		
	Salt & pepper		



Seabass

Score the seabass skins 4-5 times. Place in a deep tray adding the garlic and basil. Mix the rest of the ingredients together and pour over the fish and place in the fridge for 24-36 hours (or 3-4 hours and quickly pan fry)

Sauce

Bring to the boil all the sauce ingredients and gently reduce to a sauce consistency and check flavour. Prepare noodles as instructed on packet and lightly toss in the sweet and sour sauce.