

Gladys Matlala and Nomsa Humphrey - TEAM 5

Mzansi Baked Snoek Fish



Special requirements: Fresh Snoek fish (Woolworths)

INGREDIENTS:

Ingredient	Amount	Unit	Remark
Black pepper	10	g	
Seasonal Vegetables	250	g	1 bag julienne
Smoked snoek fish	600	g	Fresh
Margarine	10	g	dolop optional
Olive oil	15	ml	1 bottle
Fresh leeks	150	g	bunch fresh
Fresh tomatoes	50	g	3
Lemon	30	ml	1 fresh - optional
Fish spice	20	g	1 bottle Robertson's
Basmati rice	250	g	2 cups
Bunch parsley	30	g	1 fresh

METHOD

1. Wash leeks thoroughly, chop into fine rings.
2. Tear off sheet of tin foil big enough to wrap the fish.
3. Lay the leeks on the shiny side of the foil and drizzle with olive oil.
4. Pat dry the Snoek with paper kitchen towel and lay over the leeks skin side down.
5. Sprinkle Snoek with fish spice and a few of the chopped leeks.
6. Cover Snoek and leeks completely with tinfoil and place in oven dish.
7. Bake for 15 minutes.
8. Eight minutes into cooking time, open the tin foil to brown the snoek.

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