



Cajun Fish

INGREDIENTS

2 pieces (500g) *SEAKING Unseasoned Pangasius Fish Fillet*

flesh from 1 large ripe mango, diced

1/2 red papaya, diced

1/2 pineapple, diced

1 long chili, seeded and chopped finely

1 tablespoon fish sauce (*patis*)

1 tablespoon lime juice

1 teaspoon dried thyme

1 teaspoon oregano

1/2 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon paprika

1 teaspoon salt

1 teaspoon pepper

2 tablespoons olive oil

COOKING PROCEDURE

Make the tropical fruit salsa: Combine flesh from ripe mango, diced papaya, diced pineapple, red chili fish sauce (*patis*), lime juice, and cilantro in a bowl; set aside and chill.

Mix dried thyme, dried oregano, ground cumin, ground coriander, paprika, salt, and pepper in a bowl. Brush 2 (100-gram) fillets cream dory with olive oil and coat lightly in spice mixture.

Heat 2 teaspoons olive oil in an oven-safe nonstick pan over medium heat. Cook fish for 2 minutes; turn and cook for 1 more minute.

Transfer pan to an oven preheated to 350°F and bake fish for 3 to 5 minutes or until cooked. Serve with fruit salsa.