



These Basa fillets were originally priced at £5.36 by had a yellow sticker price of £1.12 So Sue headed to the recipes on Google and came up with this?..

Ingredients:-

- 3 Basa Fillets
- 1 Thumb of fresh Ginger, finely sliced
- A hand fun of Cashew Nuts, toasted
- A hand fun of Laver Seaweed, finely chopped and deep fried
- 2 Tbsp of Honey
- 1 Tbsp of Rice Wine Vinegar
- 2 Tbsp of Soy Sauce (Gluten free for us)
- 1 Tbsp of Oyster Sauce (Gluten free for us)
- 300g Butter / Margarine
- 1 Tbsp of fresh Thai Basil, chopped

Method:-

- (1) Combine the Honey, Rice Wine Vinegar, Soy Sauce and Oyster Sauce in a bowl.
- (2) Place the Basa fillets on Foil then but dots of Margarine or Butter on the Fish, followed by the sliced Ginger.
- (3) Spoon over the Honey mix.
- (4) Wrap the Foil around the Fish so none of the liquid can escape.
- (5) Place on an oven tray and put in a pre-heated oven at 180c for 20 to 25 minutes.
- (6) To serve plate the Fish and pour over the remaining cooking sauce. Sprinkle with the toasted

Cashew Nuts and fried Seaweed.

**We served ours with [Crispy Roasted Asian Potatoes](#)
and fried Bok Choy. All very tasty. In fact we're wondering if we'll ever really enjoy
English food again?.**