



WHOLE ROASTED NOVA SCOTIA REDFISH

INGREDIENTS:

VINAIGRETTE

- 2 tbsp sesame oil
- 1 tbsp soy sauce
- 2 tbsp mirin or Chinese rice wine
- 2 tsp minced ginger
- 3 garlic cloves, sliced
- 1 tbsp toasted sesame seeds
- 2 tsp chili sauce or 1 hot chili, thinly sliced
- 2 scallions, thinly sliced

SALAD

- 1 carrot, julienned
- 1 small daikon, julienned
- 4 scallions, thinly sliced
- 1 cup cilantro, leaves & stems
- 1 tbsp toasted sesame seeds

REDFISH

1 large Nova Scotia Redfish
(gutted and scaled)

INSTRUCTIONS:

VINAIGRETTE

Mix all ingredients together in a bowl.

SALAD

Mix ingredients together in a bowl and toss with vinaigrette.

REDFISH

Pre-heat oven to 400F. Cut slits into whole redfish. Take 1 tbsp of the vinaigrette and pour over fish. Place on baking sheet and roast in the oven for 10-15 minutes or until the flesh flakes easily (internal temperature approximately 145F). Remove fish from the oven and onto serving plate and pour 2 tsp of vinaigrette on top. Place dressed salad on top of fish.



NOVA SCOTIA
SEAFOOD
PURE. CANADA.



NSseafood.com