

# Red braised sea bass fillets

Total time **25 mins** 15 mins preparation time 10 mins cooking time

## INGREDIENTS

4 portion(s)

<b>1 tsp</b>	grated fresh ginger
<b>2 tbsp</b>	Kikkoman Naturally Brewed Less Salt Soy Sauce
<b>1 tbsp</b>	orange juice
<b>1 tbsp</b>	sweet chilli sauce
<b>3 tbsp</b>	yellow bean sauce (see Tip)
<b>115 ml</b>	fish stock
<b>1 tsp</b>	brown sugar
<b>4</b>	large sea bass fillets, halved
<b>2 tbsp</b>	groundnut oil

## PREPARATION

### Step 1

In a small bowl, mix together the ginger, Kikkoman Less Salt soy sauce, orange juice, chilli sauce, yellow bean sauce, fish stock and sugar, stirring until the sugar dissolves.

### Step 2

Rinse the fish fillets and pat them dry with absorbent kitchen paper. With a small sharp knife, cut several slashes diagonally through the skin of each fillet.

### Step 3

Heat the oil in a large, non-stick frying pan, add the fillets skin side down and cook for 3 minutes. Turn them over and cook for a further 2 minutes. Drain and set aside.

### Step 4

Pour the soy sauce mixture into the pan and bring to a simmer. Return the fish to the pan and baste the sauce over the fillets.

### Step 5

Cook gently over a low heat for 5 minutes, turning the fillets over halfway or spooning the sauce over them regularly if you are worried about breaking them.

### Step 6

Serve the fish with the braising sauce spooned

over. Accompany with egg noodles and vegetables of your choice.