



SAME DISH **NEW FISH**

Barbequed
Australian
Herring
with Green Apple Slaw

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Barbequed Australian Herring with Green Apple Slaw

Ingredients

- 2 stalks lemongrass
- 1 bunch coriander, stems chopped, leaves picked
- 1 thumb-sized piece of ginger, peeled
- 1 tablespoon fish sauce, plus 1 tablespoon extra
- 1 tablespoon olive oil, plus 1 tablespoon extra
- 1 lemon, juiced
- 8 x 80g Australian Herring (Tommy Ruff) fillets
- 1/4 wombok (Chinese cabbage), shredded
- 2 granny smith apples, julienned
- 1 carrot, finely grated or julienned
- 2 cups bean sprouts
- 1 bunch mint, leaves picked
- 1 tablespoon brown sugar

Method

- 1 Combine **lemongrass**, **coriander stems** (reserve the **leaves**), **ginger**, 1 tablespoon **fish sauce**, 1 tablespoon **olive oil** and half the **lemon juice** in a small food processor and blitz until smooth. Rub **mixture** all over **Australian Herring**.
- 2 Stir together remaining **lemon juice**, remaining **fish sauce** and **brown sugar** in a separate bowl until **sugar** dissolves.
- 3 Combine the **wombok**, **apple**, **carrot**, **bean sprouts**, **mint leaves** and three quarters of the reserved **coriander leaves** in a large bowl. Pour over the **dressing** and gently toss.
- 4 Heat a barbecue over medium-high heat. Cook **fish** for a minute each side or until golden brown and just cooked through.
- 5 Divide **salad** between serving plates and top with **Australian Herring**. Garnish with remaining **coriander leaves**.



PREP TIME
15 min



COOK TIME
2 min



SERVES
4

