

YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS

CHEF KATE

CULINARY OIL  
BRAND AMBASSADOR  
& CHEF-TO-THE-STARS



# THAI FISH WITH TAMARI HONEY SAUCE





**SERVES** 4 portions  
**PREP TIME** 10 minutes  
**COOKING TIME** 10 minutes

## A NOTE FROM CHEF KATE

*“This marinade is delicious and adds great flavour to seafood. It’s super easy to make and only takes a few minutes to put together and is the perfect dish for entertaining. I love it and many of my clients love it too! When I’m pressed for time, sometimes I will bake the fillets in the marinade. It makes a lovely presentation for dinner parties also.”*

# TAMARI HONEY SAUCE

## INGREDIENTS

- ¼ cup Tamari or coconut aminos
- ¼ cup Honey or coconut syrup
- ½ cup Coconut milk
- 1 tbsp. Ginger, grated, to taste (optional)
- 1 clove Garlic, grated (optional)
- 1 tbsp. Spring (green) onions, finely chopped
- Coriander or parsley leaves
- Sesame seeds and chilli for serving (optional)

# THAI FISH

## INGREDIENTS

- 4 Salmon or white fish fillets, skin and bones removed
- 1 tbsp. Coconut oil (for cooking)
- 1-2 drops Young Living Lemongrass, Lemon and/or Lime essential oil



## METHOD

1. Rinse the fish under cool running water, pat dry with paper towels and set aside in the refrigerator while you prepare the other ingredients.
2. Place the tamari honey sauce ingredients in a small bowl and mix to combine. Set aside.
3. Take the fish out of the refrigerator and heat the coconut oil in a medium to large frying pan with a lid, on medium/high heat. Place the fillets in the pan and cook for approx. 3 minutes on one side, then carefully turn over and pour the sauce evenly over them.
4. Reduce the heat to medium/low, cover with the lid and continue cooking for approx. 3-5 minutes or until cooked through.
5. Remove frying pan from heat. Place the salmon on plates or a serving platter. Add culinary essential oils and stir into remaining sauce. Pour sauce over salmon, sprinkle with coriander, sesame seeds, chilli flakes and/or parsley leaves. Serve immediately.

**TIP:** This recipe also works well baked! To bake the fish, place boneless, skinless fillets in a baking dish and pour the sauce over the fish. Cover the baking dish with baking paper, then tightly cover with foil and bake in a 180°C oven for approximately 8-10 minutes. Uncover and bake for approximately 3-4 minutes longer until fish is cooked through.

**NOTE:** I always use wild-caught and sustainable seafood when possible. This dish is also great served cold the next day over salad greens.