




SAMBAL STINGRAY

 2 serves  Prep: 10 mins  Cook: 30 mins



INGREDIENTS

230g Stingray
10 pcs Shallots
4 cloves Garlic
4 pcs Chilli Padi
5 pcs Dried Red Chilli
2 tsp Brown Sugar
½ tsp MSG
1 tbsp Cooking Oil

OPTIONAL

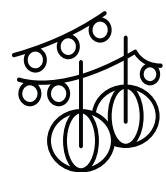
2 Banana Leaves
Sliced Red Onions
Lime

METHODS

1. Wash stingray and banana leaves. Pat dry and set aside.
2. To make the sambal paste, blend the shallots, garlic, chilli padi, dried red chilli, brown sugar and MSG until smooth.
3. In a pan, stir fry sambal paste with oil over medium heat for 6 mins or until fragrant. Set aside.
4. Run banana leaves over low heat to soften before wrapping the stingray.
5. To wrap the stingray, place half of the sambal paste on the top of the banana leaf before layering it with the stingray and remaining sambal paste. Wrap it into a parcel by using toothpicks to seal off both ends.
6. Transfer onto a grilling pan or wok. Grill until charred for 10mins.
7. Garnish with lime and sliced red onions before serving.

Nutrition Information (per serving)

Energy 327 kcal, Carbohydrate >12.15 g, Protein 40.35 g, Fats 9.65 g, Saturated Fats 0.72 g, Polyunsaturated Fats >2.70 g, Monounsaturated Fats >5.47 g, Cholesterol >73.00 mg, Dietary Fibre 8.93 g, Sodium 292.18 mg, Potassium >639.92 mg, Phosphate >78.75 mg



FESTIVE
DISHERS

