

GINGER AND GARLIC FISH FOIL



SERVING SIZE

2



INGREDIENTS

ITEM

Olive Oil
Soy Sauce (or Tamari)
Freshly Grated Garlic
Freshly Grated Ginger
Small Red Chili, Finely Chopped
Boneless White Fish Fillets

QUANTITY

½ Tbsp.
1 Tbsp.
1 Tsp.
1 Tsp.
1
2



PREPARATION

- In a small bowl, mix olive oil, soy sauce (or tamari), grated garlic, grated ginger, and chopped red chili.
- Brush a little oil onto two pieces of foil. Place one fish fillet in the center of each piece of foil.
- Divide the prepared topping evenly over the two fillets.
- Fold the foil around the fish to create sealed parcels. Leave a small gap above the fish to allow steam to circulate.
- Set your air fryer to 180°C (356°F) and let it preheat for a few minutes.
- Place the foil parcels in the air fryer basket. Air fry for 7-10 minutes, depending on the thickness of the fillets. The fish is ready when it flakes easily with a fork.
- Carefully unwrap the foil parcels and serve the fish hot.