Baked Sting Ray with Sambal

NIBBLEDISH CONTRIBUTOR

Ingredients

1 piece sting ray fillet, about 500gm3 pips garlic,1/2 red onion1/2 cm ginger1 red chilli1 tsp chilli paste1 tbsp prawn paste1 tbsp lime juice1 tbsp brown sugarpinch of salt1 tbsp oil1tsp worchestershire sauce1/4 pineapple , cut small piecesfoil .

Instructions

1. clean the fillet, rub in salt.2. chopped garlic, onion , ginger and chilli, mixed with the rest of ingredients and rub on fish. 3 place on foil , arrange cut pineapple on top of fish and bake for 1/2 hour at 250 C. 4. Serve hot with rice.