Sambal Matah Fish en Papillote

Serves 2

2 x 150 g skinless white fish fillets (such as yellowtail or kob)
sea salt to taste
parchment or baking paper
fresh coriander to garnish
lime wedges and sticky rice (like poke rice) to serve

SAMBAL MATAH

3 shallots, sliced
1 stalk lemongrass, tough outer leaves removed and thinly sliced
2 small hot bird's eye chillies, thinly sliced
4 cloves garlic, minced
zest and juice of 2 limes
salt to taste
½ tsp sugar
½ cup raw coconut oil

Sambal matah was arguably my favourite food from Indonesia. Simple but addictive, this sambal matah can be served on almost anything, especially fish, chicken and rice. Leftovers can be stored in the fridge.

1. Preheat the oven to 200 °C.
2. First make the sambal matah. Combine all the ingredients, except the coconut oil and lime juice, in a small bowl and stir well to combine. Heat the coconut oil in a small pot until melted and sizzling hot. Pour in the shallot mixture and stir. Remove from the heat and leave to sit at room temperature for at least 10 minutes or up to 1 hour for the flavours to come together and the shallots to soften. Add the lime juice to taste and check seasoning.
3. Lightly season the fish fillets with sea salt on both sides and place each fillet on a piece of parchment or baking paper large enough to wrap it completely.
4. Spoon the sambal matah over each fish fillet, ensuring an even coating.
5. Fold the parchment paper over the fish, then crimp and twist the edges to create a secure parcel with a tight seal.
6. Place the parcels on a baking tray and transfer to the preheated oven.
7. Bake for 12–15 minutes or until the fish is cooked through and flakes easily with a fork.
8. Cut open the fish parcels with scissors, garnish with fresh coriander and serve with lime wedges and sticky rice on the side.