

**COOK** THE  
COMMONWEALTH

# Easy Gatherings with

## Cook the Commonwealth



### **Chef Norman's Malaysian Poached Seabass**

2 90g seabass fillets  
2 quartered pak choi  
1 spring onion, strips\*  
5 coriander sprigs\* (leaves)  
\* = garnish

#### Sauce ingredients:

1 lemongrass, sliced  
1 chicken stock cube  
5 minced garlic cloves  
4 red bird's eye chillies  
1 tbs fish sauce  
½ tbs palm sugar  
½ lime (juice)  
400ml water

Serves 2



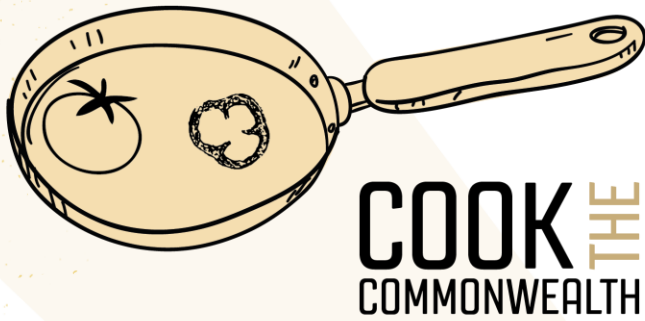
1. Mix sauce ingredients and simmer (2 mins) in wok/ pan
2. Place in pak choi then fish
3. Cover with lid and cook (3 mins)
4. Garnish (\*)

Link: [Easy for Gatherings](#) →

Why not make this summer a celebration of our city, our cultural heritage, and togetherness by cooking and eating together! We've made a collection of recipes that are perfect for gatherings. Whether it's an easy supper or a full-on dinner party, you'll impress your guests with these easy dishes.

Show us what you're making using:  
**#CooktheCommonwealth**





# More easy Gatherings with Cook the Commonwealth



Who needs a gold medal when you can have a Gold Ladle! Become a Cook the Commonwealth Champion by cooking up a storm and being the best chef in your family, friendship group, or on your road. Compete in the Cook The Commonwealth Competition for the chance to win a printable Gold, Silver, or Bronze ladle.

Perhaps you each pick one of our country communities and put on a feast from a particular place. Just score anonymously & see who will end up on the podium! Show us what you make with #CooktheCommonwealth.

## **Cook the Commonwealth**

Cook the Commonwealth is a collection of recipes from the 72 Commonwealth countries. From Anguilla to Zambia, there are recipes that span the globe, including some from our very own citizens and chefs in Birmingham!

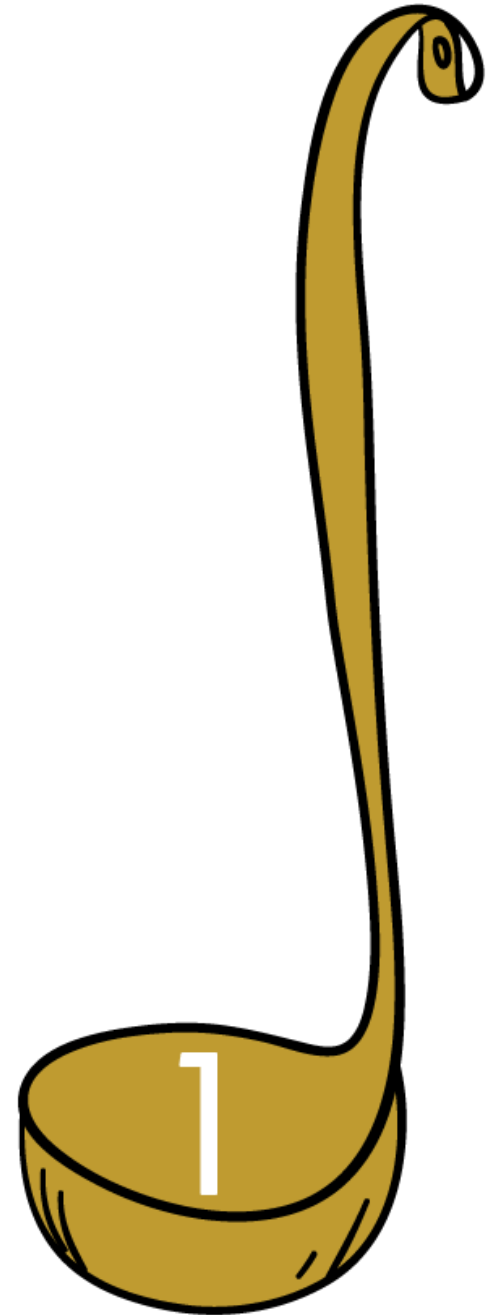
Simply download the free Whisk app today and search "CWG" to find more than 750 recipes.



Name:

For cooking:

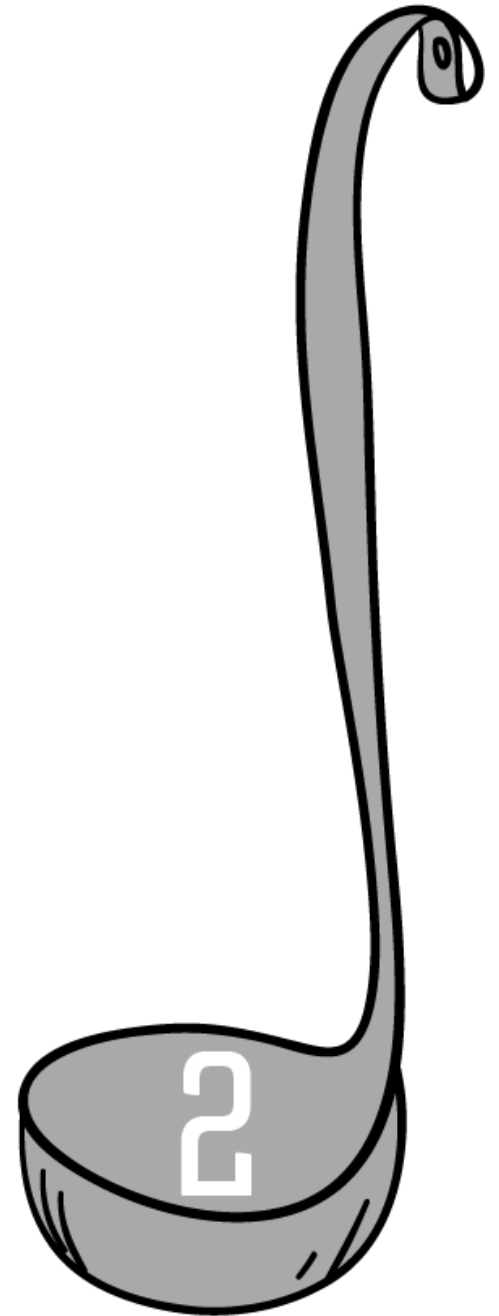
**GOLD**  
**COOK** THE  
**COMMONWEALTH**



Name:

For cooking:

SILVER  
COOK THE  
COMMONWEALTH



Name:

For cooking:

**BRONZE**  
**COOK** **THE**  
**COMMONWEALTH**

