

Miele

Spicy tamarind fish and stir-fried vegetables

By Miele

20 minutes, plus marinating time

Preparation Time

20 minutes

Cooking Time

4 serves

Serves



INGREDIENTS

Spicy tamarind fish

- 2 tbsp brown or palm sugar
- 80 g (¼ cup) tamarind puree
- 2 tbsp fish sauce
- 1 tbsp sriracha sauce
- 1 lime, juiced
- 4 thick firm white fish (approximately 500 g)
- 1 tbsp canola oil

Stir-fried vegetables

- 2 tbsp canola oil
- 1 bunch bok choy or pak choy, cut in quarters lengthways
- 200 g snake beans or green beans, cut into 5 cm lengths
- 1 red capsicum, cut into thin strips
- ½ bunch spring onion, finely sliced
- 3 cm piece fresh ginger (15 g), finely grated
- 1 garlic clove, finely chopped
- 2 tbsp light soy sauce
- 1 tsp sesame oil

To serve

- Coriander leaves, for garnish
- Long red chilli, thinly sliced, optional
- 1 lime, cut into quarters
- Rice noodles, cooked according to packet instructions

METHOD

Spicy tamarind fish

1. Combine the sugar, tamarind puree, fish sauce, sriracha sauce and lime juice in a bowl; stir to dissolve the sugar. Add the fish to the bowl, cover and refrigerate for 30 minutes.
2. Preheat a gourmet oven dish on induction setting 5. Remove the fish from the marinade. Heat the oil in the oven dish and cook the fish for 5 minutes each side, or until cooked through. Add the marinade and cook until the marinade thickens and coats the fish.

Stir-fry vegetables

1. Preheat a flat bottom wok on medium-low heat, induction setting 4 for 10 minutes. This allows the sides of the wok to slowly heat while you prepare the vegetables for cooking. Increase the heat to high, induction setting 8, add the oil then the vegetables, stirring or tossing frequently to ensure even cooking.
2. After a minute or two, add the ginger, garlic and soy sauce and continue to stir.
3. Remove from the heat and drizzle with sesame oil.

To serve

1. Divide the vegetables and cooked noodles between bowls.
2. Top with fish, garnish with coriander and chilli and serve with lime wedges.

Hints and tips

- Rockling, pink ling, barramundi, snapper, or another sustainably sourced firm white flesh fish species works perfectly for this recipe.
- Please note that our recipes are developed using tablespoons that hold 20 ml (4 teaspoons).