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FISH

SERVES 1

Ingredients

Garlic, 1 clove, finely sliced

Chili, half, roughly chopped

Ginger, ¼ knob, finely grated

Snapper fillet 200gm, 1 each, no scales or bones

Baby calamari, 1 each, cleaned and halved (Ask your fish monger to this if you're not comfortable doing this)

Whole blanched almonds

1 can tinned chick peas,

strained and washed

Button mushrooms, 2 each

Oyster mushrooms, 4 each

Shitake mushrooms, 2 each

Spring onions, 1 stem, sliced

Half a lemon for juice

Rocket leaves, 50gm

Method

Chefs tip - Use a sharp knife to lightly score your fish fillet. This will help the fish cook evenly and prevent it curling up when cooking.

1. Roughly chop the mushrooms and set aside until required
2. Heat a lightly oiled fry pan to medium high heat and seal the fish for 2-3 minutes on one side before turning. Turn the fish fillet and cook on the other side for another 30 seconds, then transfer to a plate.
3. Using a wok, heat a little oil until hot. Add calamari, and chopped mushrooms, chili, garlic ginger and stir through. Add chickpeas, almonds and finish with a squeeze of lemon juice.
4. Transfer to the plate with the fish and serve immediately.

