



Sweet and Sour Trevally

Serves 4

Use a firm fleshed fish for this dish. Trevally is a good choice but Snapper or Warehou can be substituted successfully. The sweet and sour combination is subtle using capsicum rather than pineapple for sweetness.

Ingredients:

**400g Trevally fillet (skin removed),
cut into bite-size pieces**
1 tablespoon cornflour
1 teaspoon grated fresh ginger
1 egg white
2 tablespoons NUTTELEX
4 spring onions, chopped
1 clove garlic, crushed
1 red or yellow capsicum, cut into squares
1/2 cup broccoli florets, finely chopped
1/2 bunch spinach, washed and chopped

Sauce Ingredients:

1 teaspoon cornflour
1 teaspoon brown sugar
2 tablespoons white wine vinegar
2 tablespoons low salt light soy sauce
2 teaspoons tomato paste
1/4 cup water

Method:

1. Place fish in a bowl, add cornflour, ginger and egg white and mix through. Chill for 20-30 minutes.
2. Heat NUTTELEX in a large frypan over moderate heat, add spring onions and garlic and cook 1-2 minutes.
3. Add capsicum and broccoli and cook stirring constantly for 2-3 minutes.
4. Add fish and cook briefly to seal each side (add a little more NUTTELEX if necessary to prevent sticking).
5. Mix sauce ingredients together and add to pan with spinach. Cook over low heat for 3-4 minutes or until fish is cooked but still moist and spinach is softened.

It is important to reduce salt intake as a health measure. During cooking replace salt with herbs or spices to add extra flavour.