



# Pineapple Fried Fish Fillet

3-4 servings

## Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Pineapple Sauce**
- 300g fish fillet, light marinated with salt and coated with flour then deep fried
- 1 onion, cubed
- 30g green capsicum, sliced
- 30g red capsicum, sliced
- 30g Japanese cucumber, sliced

## Method:

- 1) Preheat wok and add in **AsianMeals® Pineapple Sauce**
- 2) At high heat add in the vegetables, stir fry for 2-3 minutes
- 3) Add in the fish fillet, mix well into the sauce until well coated
- 4) Served with steamed rice

## Chef's Tips:

**AsianMeals® Pineapple Sauce** can be used as a pour-over sauce as a salad dressing or a dip

