

**MIDWEEK
SEA BREAM
STIRFRY**

SERVES 2

INGREDIENTS:

2 X Sea Bream Fillets
Selection of mushrooms
1 x Bag of beansprouts
3 Cloves of garlic
Sesame Oil
Soy Sauce
Rice Vinegar
Coriander

PREP TIME : 5 MINS

COOKING TIME : 15 MINS

METHOD:

A stir fry is a mid week staple, but who needs another chicken stir fry on a Wednesday? Not us.

Exotic mushrooms, they look a little daunting sometimes, what the hell do you do with those tiny little ones? This is what to do - tear or slice your mushrooms so that you have a mix of king oyster, shitake, oyster and any others lurking at the back of the fridge drawer. To a wok add a glug of sesame oil, some sliced garlic, and in with the mushrooms when the pan is hot. Leave them to do their thing, shaking the pan at the beginning will release the water and make them go slimey. Now for the tiny little ones - Enoki - cut off the fibrous root keeping them together and sprinkle them in, they wont take a minute to cook. Shake in a generous amount of soy sauce (light is our preference, go more sparingly with the dark), a good amount of rice wine vinegar, a handful of sliced spring onions and some roughly chopped coriander. Put this mixture in a bowl if easier and hold a little back to dress.

Rinse some beansprouts, throw in with 2 minutes to go and toss in the stir fry sauce.

Oil and season the skin of the sea bream, get your pan roaring hot and add the bream to the pan skin side down. Leave to cook for 3-4 minutes, let the skin do it's thing and then turn over and cook flesh side down for a further minute, no longer.

Add the mushrooms & bean sprouts to a large plate, on top goes the sea bream and drizzle with the left over sauce. Perfect mid week asian flavours, no supermarket stir fry meal deal in sight.

