

Asian Gourmet Sauces made by Mei  
**RECIPE CARD**



## WAYS TO USE THIS SAUCE

### DIP WITH IT

Dry roast chicken wings, deep-fried tofu and mozzarella sticks.

### MARINADE WITH IT

Infuse flavour into pork belly, pork chop, or chicken wings.

### BASTE WITH IT

Mix 1 tablespoon each of the sauce and lemonade to baste on grilled meat.

### DRESS IT UP

Make a salad dressing by adding to extra virgin oil and lemon juice

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[www.meishomemade.co.uk/recipes](http://www.meishomemade.co.uk/recipes)



# Pan-Fried Cod Noodles Salad serves 1

A refreshing healthy meal for ONE or double it for 2!

Any fish or seafood such as, prawns or squid can be used for this recipe.

**YOU'LL NEED A NON-STICK FRYING PAN.**

## INGREDIENTS

- 100g piece of cod cut in 3 chunks
- 2 tbsp potato starch, or corn starch
- 1 portion of rice noodles
- 1 portion of green salad of your choice
- 1 tsp each of chopped spring onion, chillies to garnish

**FOR THE DRESSING mix all ingredients and set it aside for later use**

- 2 heaped tbsp of Mei's Sweet Chilli Chutney
- 1 tbsp each of olive oil and honey
- Juice of half a lime and zest
- 1 tsp of chopped coriander and mint leaves

## METHOD

- Cook one portion of rice noodles as per the packet, drain and run under cold water and then place in a salad bowl.
- To flavour the noodles and prevent sticking, pour half the dressing onto the noodles and mix well.
- Season the cod pieces then lightly coat with corn starch.
- Gently fry the seasoned cod a couple of minutes each side until lightly brown or cooked.
- To plate up, place the green salad first on a serving plate, then flavoured noodles and lastly cod pieces.
- To finish, pour the rest of the dressing over the cod pieces and garnish.

Other sauces you might like to try on this recipe: Mei's Black Beans Sauce, Mei's Smoked Paprika Chilli Sauce.