

# FISH CASHEW SANG CHOI BAU

with mango 'noodles' and lotus root chips

## INGREDIENTS

1kg Hapuka fillets, *5mm dice*

1 knob Ginger, peeled & grated

300g Green beans, *thinly sliced on bias*

3 stalks Celery, finely chopped

200g Cashew nuts, roasted & crushed

1 cup Spring onions, thinly sliced

60ml Vegetable oil

1 Dried long chilli

120ml Oyster sauce

60ml Light soy sauce

1Tbsp Sesame oil

2Tbsp Castor sugar

1 large Green mango, *peeled & julienned*

8 pieces Frozen lotus root, *thinly sliced & crispened*

8 cups Butterhead lettuce

Handful Fresh micro Coriander

## METHOD

1. In a mixing bowl, place the fish, ginger and beans
2. In a separate bowl combine celery, cashew nuts and spring onion
3. Heat 1Tbsp high heat oil in a sauté pan, add chilli and cook over medium heat for 2 minutes or until the chilli is dark, drain on absorbent paper
4. In a pestle and mortar, place in chilli and pound to a fine paste adding in the oyster sauce, soy, sesame oil and sugar, mixing to combine
5. Heat a wok on high heat, add 1Tbsp vegetable oil and half the fish and bean mixture, stir-fry for 2 minutes Add half the celery and peanut mixture and stir-fry for another minute, then add half the sauce, mix to combine and transfer to a bowl
6. Clean wok and repeat with the remaining oil and mixtures
7. In lettuce cups, spoon in mango noodles, top with fish and garnish with coriander



food by paul jobin

[www.pauljobin.co.nz](http://www.pauljobin.co.nz)

**Skellonz**  
The Unique Taste  
[www.skellonz.co.nz](http://www.skellonz.co.nz)