

## Pineapple Fish Recipe

### Ingredients:

600 g garoupa or any whole fish, cleaned and remove scales  
corn flour, for coating fish  
1 egg  
1 big onion, cubed  
2 cloves garlic, minced  
1 teaspoon minced lemon grass  
200 g fresh pineapple, cubed  
1 tomato, cubed  
2 tablespoons lime juice  
2 chilies, seeded and cubed  
1 tablespoon oyster sauce  
2 teaspoons fish sauce  
light soy sauce, to taste

### Method:

Coat fish with a batter of corn flour and egg. Deep-fry fish till golden brown. Set aside. Heat 2 tablespoons of oil in wok and stir-fry onion, garlic and lemon grass until fragrant. Add pineapple, tomatoes, chilies, and all seasonings. Cook for 2 minutes and add 2 teaspoons of corn flour mixed in a little water to thicken gravy. To serve, pour gravy over fish.

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