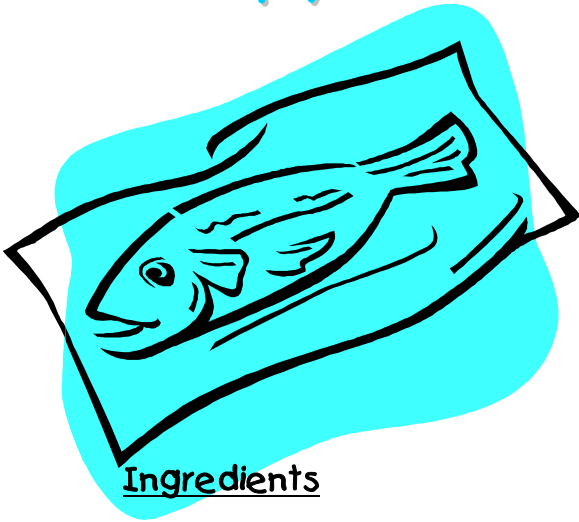


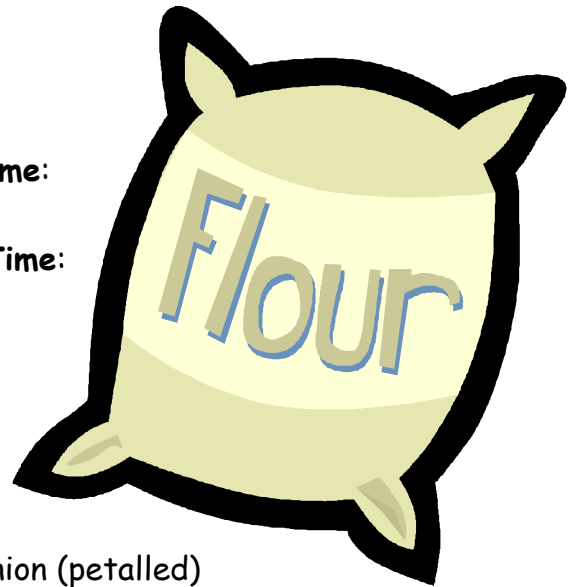
Crispy Fish with Sweet & Sour Sauce



Ingredients

500g Fish Fillets (skinless & boneless)
1 C Plain Flour (sifted)
 $\frac{3}{4}$ C Water
1 Egg White (lightly beaten)
Oil (for deep frying)

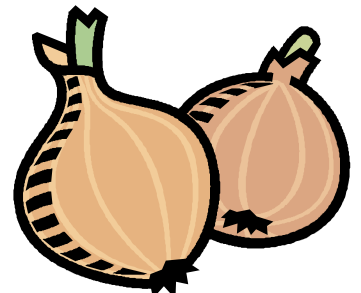
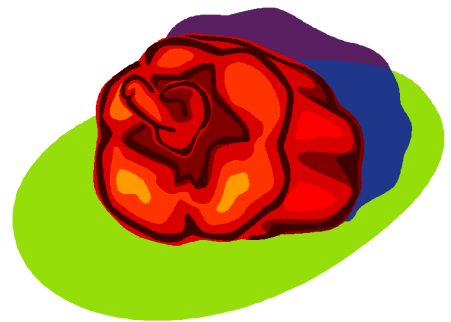
Preparation Time:
10 minutes
Total Cooking Time:
25 minutes.
Serves: 4



1 Onion (petalled)
1 Capsicum (cut in half & sliced)
1 T Oil (extra)
1 C Sweet & Sour Sauce
(see Note)

Method

1. Collect all ingredients
2. Cut fish into bite size pieces.
3. Blend the flour, water and egg white until smooth
4. Coat fish pieces in batter, allowing excess to drain off. Deep fry a few at a time until crisp and golden. Drain on absorbent paper.
5. Heat extra oil in a wok.
6. Stir-fry onion and capsicum until onion is transparent.
7. Stir in the sauce and heat for 1 minute.
8. Toss fish pieces through sauce until well coated and heated through.
9. Serve Hot with rice



Note: Purchase sweet and sour sauce bottled or canned from supermarkets