

RECIPE CARD | SUMMER

TEMPURA FISH GOUJONS with spicy tomato dip



BY M&S

great food starts with great ingredients

TEMPURA FISH GOUJONS with spicy tomato dip

Preparation 20 minutes

Cooking 30 minutes

SERVES 2 | DIFFICULTY RATING: MODERATE ●●○

Ingredients you will need from M&S

For the spicy tomato dip:

- * 1 tbsp olive oil
- * 230g pack baby sweetheart tomatoes, roughly chopped
- * 1 small red chilli, finely chopped
- * ½ small red onion, finely chopped
- * 1 tsp cumin seeds
- * 2 tsp white wine vinegar
- * 2 tsp soft brown sugar

For the goujons:

- * 2 fillets from a choice of Catch of the Season fish: lemon sole, plaice or black bream
- * 50g plain flour
- * 25g cornflour
- * 100ml ice-cold sparkling water
- * sunflower oil, for frying
- * fries, to serve

1 To make the spicy tomato dip, heat the olive oil in a small saucepan and add the tomatoes, chilli and onion. Cook gently for 10 minutes until soft then add the cumin, vinegar and sugar and cook for a further 10-15 minutes.

2 Meanwhile, remove the skin from each fish fillet and cut into 1cm thick strips. Sift the flours into a bowl, season, then gradually whisk in enough water to make a batter the thickness of double cream, taking care not to over whisk.

3 Heat the oil in a wok or deep frying pan. To test it's hot enough, add a cube of bread and it should brown in 30 seconds. Dip half of the fish pieces in the batter to coat and lower into the hot oil. Fry for 2 minutes, turning occasionally, until light golden and crisp. Remove with a slotted spoon and drain on kitchen paper. Repeat with the remaining fish. Serve with the spicy tomato dip and a side portion of fries.



WINE SUGGESTION

QUATRO SEI
GAVI 2008,
£6.49 (75cl)

This has delicious fruity flavours of lime, pear and apricot, a subtle hint of almond and a fresh, ripe, zesty finish

Products containing alcohol can only be sold or delivered to people aged 18 or over. drinkaware.co.uk

EACH SERVING PROVIDES

CALS 935	SUGARS 11.9g	FAT 70.3g	SAT FAT 8.2g	SALT 1g
47%	13%	100%	41%	17%

OF YOUR GUIDELINE DAILY AMOUNT

TIP Add 1 tsp chilli flakes or paprika to the batter and serve with mayonnaise or ketchup instead of the spicy dip.



Prices correct at time of going to print



Mixed Sources
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IN THE BASKET

