



Cashew Crusted Fish With Sautéed Spinach Recipe

Preparation Time

15

Cooking Time

36

Serving Size

6

Ingredients:

FOR THE CRUST

- 1/3 cup cashew nuts, ground and toasted
- 1/3 cup breadcrumbs
- 1 Tbsp parsley, lightly chopped
- 1/4 tsp salt
- 1/8 tsp pepper, black
- 1 kg tilapia (approximately 3 pieces), filleted
- 1 tsp salt
- 1/4 tsp pepper, black
- 2 Tbsp milk, evaporated
- 1 cup oil, for frying

FOR THE SAUTÉED SPINACH

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 2 Tbsp onion, white, sliced
- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 1/2 pc chicken bouillon cube
- 1 Tbsp cornstarch, dissolved in 3/4 cup water
- 500 g spinach, use soft stems and leaves only

Preparation:

1. Combine ingredients for crust. Set aside.
2. Season fish with salt and pepper. Dip in milk then dredge in crust mixture. Fry until golden brown. Set aside.
3. Sautéed spinach: Sauté garlic until golden brown. Set aside. Sauté onion then add DEL MONTE Original Style Tomato Sauce, bouillon cube and cornstarch mixture. Bring to boil, cover and simmer for 8 minutes. Add spinach and cook until spinach is slightly wilted.
4. Pour sautéed spinach on fish just before serving. Top with fried garlic.

Chef's Tip

Oil that is too hot will burn the crust instantly with the fish still raw, while oil that is still cold will make the crusted fish oily and soggy. To check if the oil is hot enough, drop a pinch of bread crumbs into the oil. Bubbles should form around the bread crumbs. If no bubbles appear, the oil is too cold. On the other hand, if there is furious bubbling and oil starts to smoke, the oil is too hot.

Lusog Notes

This Cashew Crusted Fish With Sautéed Spinach recipe is high in vitamin A which helps protect one from infections and promotes normal growth and development.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board
- Measuring Materials
- Wooden Spatula