



Fish Fillet With Tofu And Tausi Recipe

Preparation Time	15
Cooking Time	27
Serving Size	4

Ingredients:

- 200 g dorado fillet, cut into 1 x 1-inch strips
- - salt, to taste
- - pepper, to taste
- 2 tsp all-purpose flour
- 150 g tofu, firm, cut into 1 x 1-inch cubes
- 2 tsp all-purpose flour
- - oil, for deep-frying

FOR THE SAUCE

- 2 Tbsp oil
- 1 Tbsp ginger, cut into strips
- 1 Tbsp onion, chopped
- 1 tsp garlic, minced
- 1 Tbsp black beans (tausi), drained
- 1/2 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1 tsp cornstarch
- 1/2 cup water

Preparation:

1. Season fish with salt and pepper. Coat with flour then fry until golden brown. Set aside.
2. Coat tofu with flour. Fry until golden brown. Set aside.
3. Sauté ginger, onion, and garlic until aromatic. Stir in the tausi.
4. Add DEL MONTE Quick 'n Easy Barbecue Marinade and simmer for 2 minutes. Dissolve cornstarch in water then add to the sauce. Simmer for another 2 minutes.
5. Toss fish and tofu together with the sauce. Serve hot.

Chef's Tip

To release the flavor of the tausi, crush the beans as you sauté.

Lusog Notes

Did you know that tofu can also be your low-cost, healthy alternative for meat? This dish is also a source of iron that is needed for the formation of red blood cells that carry oxygen all over the body.

Cooking Skills Needed

- Deep Frying
- Slicing
- Sautéing

- Simmering

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula
- Strainer

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