

Recipe of the Week

Tempura Garfish & Veges



- 8 Garfish Fillets
- 10 Vege Pieces (Eg Pumpkin, Carrot, Capsicum, Broccoli, Snow Peas)
- 4 Sprigs of Flat Leaf Parsley
- Tempura Batter Mix
- Ice Cold Water
- 2 Cups of Vegetable Oil
- Dipping Sauce of your choice (eg flavoured mayonnaise or sweet chilli)

Pat dry the garfish and vegetable pieces with paper towel.

Prepare the tempura batter as per instructions

Heat the oil in a wok or deep fryer until hot (test with a small piece of vegetable).

Dip the garfish one at a time in the batter and fry until golden brown. Drain on kitchen paper. Cook the vegetables in the same way, then the parsley sprigs. Drain and serve immediately.

Serve with a flavoured mayonnaise or a sweet chilli sauce