

Recipe of the Week

Thai Seafood Stir Fry



- 250gm Green Prawn Cutlets
- 1 Squid Tube (cut into 5cm squares)
- 150gm Fish Fillets (cut into 5cm squares)
- 8 Mussels
- 1 Tablespoon of Butter
- 2 Tablespoons of Olive Oil
- 1 Clove Garlic—crushed
- 1/2 cup of sliced Red & Green Capsicum
- 150g Sugar Snap Peas—trimmed
- 3 Shallots (sliced into 2cm pieces)
- 2/3 Cup of Thai Chilli Sauce

Heat butter and oil in a wok or frypan. Lightly sauté the garlic, then add seafood and cook for 5 minutes.

Heat oil in the wok or frypan, add capsicum, shallots and peas. Cook for 3 minutes.

Add the Chilli sauce and mix well.

Heat through, stirring continuously until the sauce thickens.
(approx. 5 minutes)