

## Pak Choy & Ginger with Turmeric Fish

Serves 2

### Ingredients:

#### Fish:

- 200g raw fish, such as salmon or hake, fresh or defrosted from frozen
- 1 teaspoon ground turmeric
- 2 teaspoons grated fresh ginger
- 1 tablespoon extra virgin olive oil

#### Vegetables:

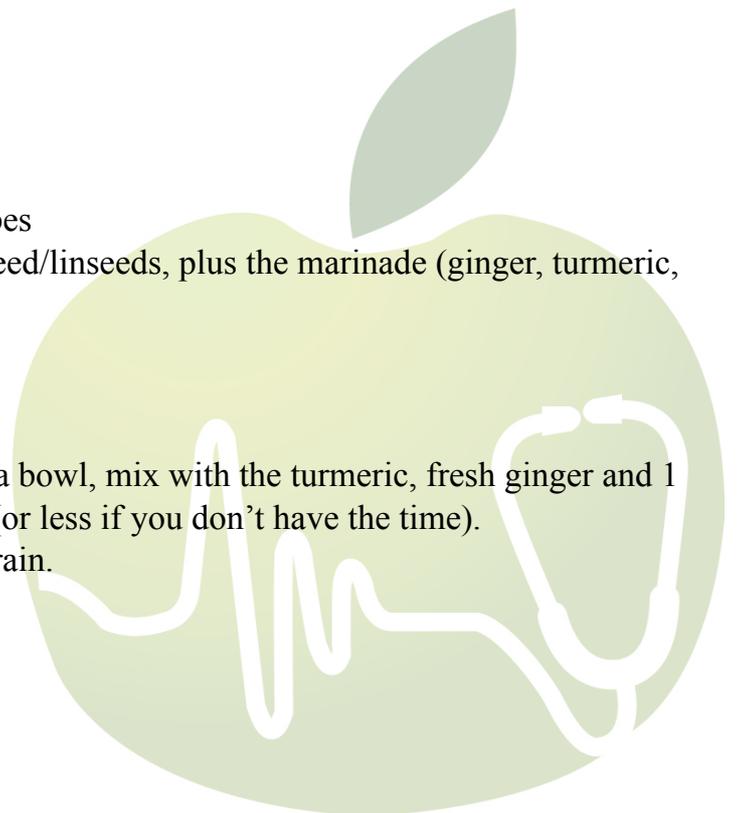
- Dried Wakame seaweed (enough once reconstituted to yield 1 handful, about 3g dried)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons sesame seeds (about 15g)
- 2 large spring onions (50g), chopped
- 250g wombok/chinese cabbage or other cabbage, thinly sliced
- 250g mushrooms, roughly chop/sliced
- 2 bunches baby pak choy (150g), roughly chopped
- 1 long red chilli, deseeded and finely chopped
- 1 large garlic clove, peeled and crushed
- 2 tablespoons thinly sliced pickled ginger
- Juice from 1 lime
- Salt or Soy/Tamari Sauce

#### Vegan swaps:

- Use 200g firm tofu, cut into small 2 inch/5cm cubes
- Plus generously coat these cubes in ground flax seed/linseeds, plus the marinade (ginger, turmeric, oil)

### Method:

- Cut the fish into small cubes (about 2cm) and, in a bowl, mix with the turmeric, fresh ginger and 1 tablespoon oil to marinate for about half an hour (or less if you don't have the time).
- Soak the seaweed in water for 10 minutes, then drain.



Put the oil and seeds into a large fry pan on medium heat. Cook for about 1 minute, stirring occasionally.

Add the rest of the ingredients to the pan except for the lime, pickled ginger and fish (or tofu). Cook until the pak choy leaves have only just begun to wilt, then remove everything from the pan onto two warmed serving plates. Scatter over the pickled ginger.

Add the fish (or tofu) to the pan, and cook on medium heat until just cooked through, often a couple of minutes, depending on the size (or, if using tofu, simply warm through, as tofu is precooked). Tip out onto the vegetables.

Season with lime juice and some Soy/Tamari sauce or a pinch of salt.

