



FISH STIR FRY



Pairs well with McWilliams Hanwood Estate® Riesling

Serves Four

- 2 tablespoons vegetable oil
- 1 tablespoon root ginger, finely sliced
- 3 scallions, trimmed and chopped on the diagonal
- 2 cloves garlic, roughly chopped
- 1 red bell pepper, cut into strips
- 2 small red chiles, deseeded and chopped
- 1 large head bok choy, washed and stems roughly chopped and leaves torn into pieces
- 4 oz oyster mushrooms, roughly chopped
- 1.5 lbs firm fleshed fish (mahi mahi, swordfish or Red Snapper), cut into strips
- 1/2 cup water or fish stock
- 1/4 cup teriyaki sauce

Heat the oil in wok until smoking/shimmering. Add the ginger, scallions and garlic and cook stirring for 30 seconds. Add the pepper strips and chile and cook for 1 minute.

Stir in chopped stems of the bok choy and the mushrooms and cook for a further minute. You may need to add some water/stock at this stage to keep the cooking easy. Add the fish and bok choy leaves and gently toss.

Pour in the remaining water/stock and teriyaki sauce, cover with lid and cook for 3-5 minutes or until done.

The time will depend on the fish chosen and the thickness of the strips. Whichever you have, the fish must be treated gently as it breaks so easily.

Serve with noodles of your choice or steamed rice.

Recipe courtesy of Peter Howard