

Thai Three flavoured fish

Ingredients

- 50g Rice
- 2 garlic cloves
- $\frac{1}{2}$ long red chilli
- 1 cod fillet
- 2 tbsp. plain flour
- Vegetable oil for deep frying,
- 2 tbsp. tamarind paste
- 1 tbsp. palm sugar,
- $\frac{1}{2}$ tsp fish sauce
- $\frac{1}{2}$ lime juice
- 1 spring onion
- Sea salt

Method

1. Cook the rice and sieve when ready
2. Chop up the garlic and chilli roughly
3. Chop up the spring onions
4. Cut the cod into cubes
5. Use a mortar and pestle to pound the garlic, chillies and $\frac{1}{2}$ teaspoon of salt to a rough paste.
6. Transfer to a ramekin and set aside for later.
7. Season the cod with salt and coat in the flour.
8. Fill a saucepan to about 1/3 capacity with vegetable oil. Heat over high heat. The oil needs to be hot.
9. Cook cod in the hot oil for 1-2 minutes or until golden and crispy. Drain on paper towel.
10. Heat 1 tablespoon of oil in a frying pan. Add the garlic chilli paste and stir-fry for 10 seconds.
11. Add the tamarind, sugar, fish sauce and lime juice.
12. Cook, stirring, for 1-2 minutes.
13. Now add in the crispy cod and the spring onion. Toss until well combined. Transfer to a plate and serve with rice