

Fish Stirfry

For starters, ask your captain to fillet the pin bones out of the fillets.Â Take the fillets and cube them into bite sized pieces and soak in soy sauce.Â More time in the soy sauce adds flavor.Â Chop onion, green bellÂ pepper, red bell pepper, mushrooms and place in a bowl.Â Add a can of water chestnuts and baby corn on the cob.Â If you like, add a can of black beans that have been rinsed off.Â Heat about a tablespoon of olive oil in a wok or deep frypan.Â Place all the ingrediants into the pan at the same time.Â Start withe the fish on the bottom.Â Cover with lid.Â Cook until the fish is white all the way through.Â Do NOT overcook.Â The veggies will be warm and crisp.Â Spoon on top a bed of rice and top with sweet and sour sauce for a complete, nutritious meal.