

Brown Rice with Sweet & Sour Fish (serving 10pax)

Secondary School (per serving)

150gm Mix Brown Rice
70gm Dory Fish Fillet
50gm Green Vegetable with Carrot

Primary School (per serving)

75gm Mixed Brown Rice
70gm Dory Fish Fillet
50gm Green Vegetable with Carrot

Ingredient (Rice)

100gm Mix Brown Rice – Rinsed and drain
400gm White Rice – Rinsed and drain
1.5litre Water

Ingredient (For Chicken)

1kg Dory Fish fillet – Cut to size
2 Tablespoons Light Soy Sauce
½ Teaspoon White Pepper
1 Tablespoon Cooking Oil
3 Garlic Cloves – Chopped finely
2 Onion – Sliced Thinly
2 Tomatoes – Roughly diced
1 Teaspoon White Vinegar
150gm Tomato Ketchup
100gm Water

Ingredient (For Vegetable)

400gm Green Vegetable
100gm Carrots – Sliced
1 Tablespoon Light soy sauce
1 Garlic Cloves – Chopped Finely

Method

- 1) Cut fish fillet to required size
- 2) Marinade fish with pepper and salt and display on lightly oiled baking tray
- 3) Grill Fish on 150Deg Cel. For 15min
- 4) Heat oil in pan and add oil, garlic, onion and stir fry till onion is light brown
- 5) Add water, vinegar, ketchup and bring to a boil
- 6) Boil water in pot
- 7) Heat oil in pan, add garlic, green vegetable, carrot and light sauce
- 8) Serve to tray