



CHILLI & GARLIC INFUSIONS TUNA STIR-FRY

An oriental favourite with a spicy tuna twist.



TIME: 20 MINUTES

FISH: TUNA

SERVES:



PREPARATION METHOD

The stir-fry is a staple of Oriental cuisine that has become more and more popular in recent years and this super tasty tuna stir-fry recipe from John West gives it a deliciously different fish twist that works really well. Like most Eastern influenced dishes, there's a lot going on here in terms of spicy flavours, with everything from garlic to fresh ginger in the mix. And because the key ingredient is our Infusions Tuna with Chilli & Garlic, you'll also get plenty of piquant flavour from the fish too. The end result is a tuna stir-fry recipe that looks great on the plate and tastes even better when you start to dig in. An exotic and refreshingly zesty combination of flavours and textures that could soon become your favourite stir-fry.

The rule for any tuna stir-fry recipe is to have all your ingredients chopped and ready to go in the wok.

In a small bowl mix the honey and soy sauce, leave to one side.

Once you have everything ready to go, place a wok or large frying pan over high heat, add the sunflower oil and sesame oil and leave until hot. Add the garlic and ginger and fry for 20 to 30 seconds.

Now add the spring onions, asparagus, red pepper and pok choy and continue cooking for a further minute until the vegetables soften slightly.

Pour in the soy sauce and honey mixture and noodles, continue cooking for another minute and then finally add the chilli and garlic infused tuna and fresh coriander. Cook for 20 seconds, give everything a good mix and serve with a scattering of toasted sesame seeds and a little extra coriander.

You could also serve some lime wedges on the side for added sharpness.

INGREDIENTS

- ✓ 1 can Infusions Tuna - Chilli & Garlic (130g)
- ✓ 5 spring onions, shredded
- ✓ 1 red pepper, cut into strips
- ✓ 5 asparagus spears, sliced
- ✓ 10 pieces of mangetout, sliced in half
- ✓ 1 pok choy, cut into quarters
- ✓ 2 garlic cloves, thinly sliced
- ✓ 2cm piece of fresh ginger, cut into matchsticks
- ✓ 4 tbs soy sauce
- ✓ 1 tbs runny honey
- ✓ 1 tbs sunflower oil
- ✓ 1 tsp sesame oil (optional)
- ✓ 125g dried egg noodles, cooked, refreshed and drained
- ✓ 1 tsp sesame seeds, lightly toasted
- ✓ 1 tbs chopped fresh coriander