

Basa & cashew stir-fry

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A classic stir-fry is a super simple, one-pan situation that is convenient after a long day or week – no chef skills required. Minimal prep and cooking time, throw this together when you need something tasty in a flash!

Ingredients

- 2 tsp sesame oil
- 130 g basa fillet
- 2 bok choy, leaves separated
- ½ fresh red chilli, sliced (plus extra to serve)
- ¼ cup cashews
- ½ lemon
- ½ tbsp tamari or soy sauce
- Black sesame seeds, to garnish

Method

In a frying pan or wok over a medium heat, add a teaspoon of the sesame oil and add the fish, cooking for 5 to 8 minutes until cooked through.

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Remove the fish from the pan and set aside.

Now add the remaining oil, bok choy, red chilli and cashews.

Sauté for 3 to 5 minutes, until the greens have started to wilt but are still firm.

Squeeze over the lemon juice and soy sauce, then toss and remove from the heat.

Add the greens to a bowl and top with the fish.

Finish with a sprinkle of black sesame seeds and fresh chilli.

Recipe by Sally O'Neil.

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