

Less than 45 minutes

Serves 4

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Ingredients:

- Salt and milled pepper
- 2 Tbsp (30ml) cake flour
- 4 (600-800g) hake fillets, cut into 4cm chunks
- 1 red onion, sliced
- 1 packet (125g) sugar snap peas
- 1 packet (230g) PnP Tasty Stem broccoli
- 1 green pepper, sliced
- 2-3 Tbsp (30-45ml) Thai-style herby pesto ([click here for full recipe](#))
- ¼ cup (60ml) soy sauce
- 1 Tbsp (15ml) oyster sauce
- 1 Tbsp (15ml) honey
- Steamed jasmine rice, crushed peanuts and sliced red chilli, for serving

Method

1. Heat oil on high heat in a pan or wok.
2. Season flour and coat fish with mixture.
3. Fry fish in batches for 2-3 minutes a side or until golden. Set aside.
4. Stir-fry onion, sugar snap peas, broccoli and green pepper in the same pan for 5-8 minutes.
5. Add pesto, sauces and honey to pan.
6. Toss through fish and stir-fry for another 3-5 minutes.
7. Serve on a bed of rice, sprinkled with peanuts and chilli.

GOOD IDEA

Use any sustainable white fish, or splurge on fresh salmon or tuna.

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