



## sweet sour tuna with pineapple

NIBBLEDISH CONTRIBUTOR

### Ingredients

3 pieces sliced tuna  
salt  
1 tsp chilli powder  
1/2 tsp turmeric powder  
2 tbsp dark soy sauce  
2 tbsp oyster sauce  
1 tbsp brown sugar  
1 tbsp tomato ketchup  
1/2 large onion , chopped  
2 garlic, chopped  
1/2 cm piece ginger chopped  
3 slices pineapple, cut in cubes  
parsley for garnish

### Instructions

1. Marinate fish with salt, chilli powder and turmeric.
2. Fried fish till cook. set aside.
3. using the remaining fish oil fry the onion , garlic and ginger. Add sauces and pineapple.
4. Add sugar and 1/4 cup water. leave simmer for a min.
5. serve hot with rice.