



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.