

STIR – FRY SEAFOOD WITH PEPPERS & SPINACH

This is a delicious, quick dinner for two.
Pick up the ingredients on your way home.
PREP: 5 MINS. COOK: 10 MINS. EASY

Ingredients

- 4.5 tbsp. (67.5 ml) Groundnut or sunflower oil
- 3 large garlic clove, sliced thinly
- 1 red pepper, cored, deseeded and thinly sliced
- 5 oz cherry tomatoes
- 10 oz (1 package) seafood – mix, defrosted and patted dry
- 3 tbsp. (45ml) soy sauce or thai fish sauce
- 5 oz bag baby spinach leaves



Preparation

- First open your package of Seafood-Mix and let it thaw.
- Heat a wok until you can feel a good heat rising. Add 2 tbsp. oil and seconds later, the garlic slices. Stir – fry until they start to turn golden, spoon onto paper towel to drain.
- Toss in the pepper and stir – fry for 1 minute or so until softened, then scoop out and set aside.
- Add the cherry tomatoes to the wok and turn until golden brown and set aside too.
- Add the remaining tbsp. oil. Heat, then toss in the seafood – mix and stir – fry for another 2 – 3 minutes until cooked.
- Add the soy sauce or fish sauce.
- Throw in the spinach and stir- fry until it begins to wilt.
- Return the slide garlic, peppers, cherry tomatoes and crisp seafood – mix to the wok.
- Serve with your favorite pasta.