



Nonya Sour Sweet & Spicy Seafood

The sauce to accompany the three treasures of the sea - Prawns, Fish & Squid! Our Nyonya triple savory taste of Sour, Sweet & Spicy is just the perfect match!

Ingredients : (Serves: 3-4)

Nonya Sour Sweet & Spicy Paste	150g
Red Onion (pieces)	} 600-700g <i>Quantity selected according to personal preference</i>
Prawns (peeled and deveined)	
Squid/ Sotong (de-boned and cut to pieces)	
Fish Fillet (sliced to pieces)	
Red Capsicum (pieces)	
Green Capsicum (pieces)	
Tomato (wedges)	

Garnishing:

Spring Onion	20g (1 stalk)
Coriander	6g (1 stalk)

COOKING METHOD

1. Add Nonya Sour Sweet & Spicy Paste, stir fry for 1-2 minutes till fragrance.
2. Sauté red onion till fragrance.
3. Add in prawns and fry till it turns white and curly. Then add in squid and sauté.
4. Lastly add in vegetables and fish fillet, stir fry for 2 minutes until cooked through.
5. Transfer to a serving bowl and garnish with spring onion and coriander.

OTHER RECIPE: NYONYA STEAM FISH

Steam the fish and drain excess water. Spread Nyonya Sour Sweet and Spicy Paste over the fish and steam again until heated through.

NOTES

1. No hard and fast rules in cooking, adjust or add in other ingredients to suit your tastes!
2. Good for cooking Petai (Stink Bean, Winged beans and Bringal (Eggplant))



娘惹酸甜辣海鲜

结合了三大海鲜——虾、鱼和鱿鱼的酱料！娘惹三重美味，酸、甜、辣，完美融合，口感绝妙！

用料: (3-4 人份)

娘惹酸甜辣酱	150 克
红洋葱 (切片)	} 600-700 克 数量根据个人喜好选择
鲜虾 (剥壳去线)	
鱿鱼/苏东 (去骨切块)	
鱼片 (切块)	
红椒 (切块)	
青椒 (切块)	
番茄 (切块)	

点缀:

青葱	20 克 (1 棵)
芫荽	6 克 (1 棵)

煮法

1. 加入娘惹酸甜辣酱炒香，1-2 分钟。
2. 将红洋葱炒至香味四溢。
3. 加入鲜虾炒至变白卷曲。然后加入鱿鱼炒香。
4. 加入蔬菜和鱼片，炒 2 分钟或至熟透。
5. 盛入碗中，撒上青葱和芫荽点缀。

其它食谱：娘惹蒸鱼

1. 将鱼蒸熟，倒出盘中多余的水，将娘惹酸甜辣酱倒在鱼上，再下锅蒸热即可。

备注

1. 烹饪没有硬性规定，可依据个人口味适当调味和搭配其它配料！
2. 适合用于烹饪 Petai (臭豆、四角豆和茄子)