



## **Poached Trevalla with Shiitake Mushrooms & Asparagus**

- 4 x 150g Trevalla (Blue Eye cod) fillets, diced
- 4 Shallots, sliced
- 2 Garlic cloves, sliced
- 1 Small knob ginger, cut into batons
- 2 Tablespoons sesame oil
- 2 Cups chicken stock
- 3 Tablespoons soy sauce
- 2 Tablespoons fish sauce
- 2 Sheets nori seaweed, cut into fine strips
- 1 Punnet shiitakes, sliced
- 2 Bunches asparagus, tips only
- 1 Bunch basil, torn

1. Fry the shallots, garlic and ginger in the sesame oil until the garlic just begins to brown.
2. Add the stock, soy and fish sauce and bring to a boil.
3. Add the fish, nori, mushrooms and asparagus, turn the heat to a bare simmer and cook for eight minutes.
4. Add the basil, check seasoning and serve.

### **PROFESSIONAL TIP**

Trevalla marinades very well. Use a blend of olive oil, garlic and thyme to marinade overnight for even more flavour.