



Fish Fillet and Tofu

Ingredients

- 0.5 kg Fish Fillet
- 1 sachet MAGGI® Magic Sarap® 8g
- 0.5 cup All Purpose Flour
- 2 cups Vegetable Oil
- 0.5 kg Firm Tofu
- 1 head Garlic
- 1 pc Ginger
- 1 pc Onion
- 1 cup Water
- 6 tbsp MAGGI® Oyster Sauce
- 0.25 tsp Freshly ground pepper
- 1 tbsp Cornstarch

Instruction

1. Season fish with MAGGI® Magic Sarap® coat with flour and fry in oil. Remove and set aside. Fry tofu in the same oil until golden brown. Remove and set aside.
2. Remove oil from the pan leaving 2 tbsp. Sauté garlic, ginger and onion. Pour water and add MAGGI® Oyster Sauce and pepper. Stir in cornstarch and water mixture to thicken the sauce.
3. Toss in fish and tofu. Transfer into a serving plate and serve immediately.

Nutrition

Carbohydrates	15.91 g
Energy	555.46 kcal
Fats	48.88 g
Protein	16.6 g

40 Minutes

10 Servings