

Savory Seafood over Poached Tofu

Makes 4 servings

Marinade

1 tbsp	rice wine
1 tsp	sesame oil
1/2 tsp	onion salt
1/2 tsp	cajun dry spice
1/8 tsp	white pepper
2 tbsp	cornstarch
2 oz	shelled and deveined shrimp, halved
2 oz	bay scallops
4 oz	white fish fillet, cut into 1/2-inch squares
2 tbsp	cooking oil
3	egg whites, beaten
1 pkg (about 1 lb)	silken tofu, cut into 1-inch cubes, poached and drained well
1	green onion, thinly sliced (for garnish)

1. Combine marinade ingredients in a medium bowl. Add all seafood; toss to evenly coat. Set aside for 20 minutes.
2. Heat a stir-fry pan over medium-high heat until hot. Add seafood; stir-fry until shrimp turn pink, about 2 minutes.
2. Add egg whites and cook until just set.
3. To serve, place tofu on a serving plate. Arrange seafood/egg white mixture on top. Sprinkle with green onion.

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