

Turmeric Fish

Makes 4 servings

Dry rub

2 teaspoons ground turmeric
1/2 teaspoon onion powder
1/2 teaspoon sugar
1/4 teaspoon cajun spice (optional)
2 teaspoons cornstarch

1 pound firm white fish fillet such as cod or catfish, cut into 4 equal pieces
2 tablespoons vegetable oil
1/4 yellow onion, thinly sliced
1/4 purple onion, thinly sliced
2 green onions, thinly sliced
Salt and pepper to taste
2 teaspoons chopped fresh dill
Dash of fish sauce and rice wine
Roasted nuts for garnish, optional

1. Combine dry rub ingredients in a bowl. Coat fish with dry rub evenly on both sides. Set aside for 30 minutes.
2. Heat oil in a large non-stick skillet over medium-high heat until hot. Add fish; pan fry until golden brown on both sides. Remove fish from pan; keep warm.
3. Add yellow and red onions and green onions to skillet over medium heat (add extra oil if needed) ; stir-fry until soft, about 3 minutes. Season with salt and pepper.
4. Place onion mixture on a serving platter, place fish fillets on top and sprinkle with fish sauce, rice wine, dill and roasted nuts.

©Yan Can Cook, Inc., 2023