



Marine Tilapia With Tomatoes Herbs Compote, Sautéed Chestnut Mushrooms

Served 2-4 pax (main dish)

INGREDIENTS

350g marinated tilapia slices

1 tsp salt

½ tsp black pepper

100g plain flour

200ml canola oil

200g chestnut mushrooms

400g vine-ripened cherry tomatoes

3 tbsp olive oil

A pinch of salt

A pinch of black pepper

4 garlic cloves, sliced

1 tsp sugar

½ white onion, sliced

2 tbsp chopped dill

2 tbsp chopped coriander

2 tbsp chopped parsley

2 tbsp chopped mint leaves

15 chives, for garnish

METHOD

1. Use marinated tilapia slices. Season with salt and pepper, then lightly dust with plain flour. Heat a small amount of oil in a frying pan over medium-high heat and fry the fish quickly until lightly golden. Remove and set aside. Repeat the same method for the chestnut mushrooms in a separate batch.
2. Cut the vine-ripened tomatoes in half and set aside.
3. Heat oil in a frying pan over medium heat. Sauté the sliced garlic and onion until softened. Add the tomatoes and continue cooking until they begin to soften. Season with salt, pepper, and a small amount of sugar.
4. Return the fried fish to the pan, add the freshly chopped herbs, and gently fold to combine.
5. To serve, place the fish with the stewed tomatoes in the center of a plate. Top with the sautéed chestnut mushrooms and onions.
6. Finish with a drizzle of olive oil over the dish and garnish with additional fresh herbs.

Ingredients in **bold** are locally farmed. Scan the QR code or visit go.gov.sg/buylocalproduce to find out where to buy them.



Recipe by Celebrity Chef Eric Teo
in collaboration with King of Culinary ‘三把刀’