

Riverland Seafood Asian Broth

Ingredients:

BROTH

Mushrooms
Red onions
Vegetable oil
Fish sauce
Lemongrass
Soy sauce
Fish stock
Lime juice
Ginger
Muscovado sugar

200gm Yabby meat
300gm Barramundi meat
Asian greens – bok choy, Chinese spinach

Method:

Bring stock elements to the boil. Reduce to simmer.

Pour broth over half of the Asian greens to wilt them. Add the other half to a hot pan, along with the seafood. Cook until the seafood is no longer translucent. Once cooked, add to the bowl with the broth and Asian greens.

