

# Vietnamská smažená makrela s rybí omáčkou

Kategorie: Ryby

Hodnocení: nezadáno

Počet porcí:

Náročnost: lehký

Autor:

## Suroviny

Vietnamese Fried Mackerel with Fish Sauce



Serves/Makes:

2

Ingredients:

1 whole mackerel, about 10 ounces (300 g), cleaned and cut into steaks

2 tablespoons cooking oil (for deep frying)

1 teaspoon garlic, finely chopped

0,25 onion, peeled and finely chopped

2 tomatoes, finely chopped

0,25 teaspoon salt

1 tablespoon fish sauce

1 teaspoon chicken seasoning powder

0,25 teaspoon sugar

0,25 teaspoon ground white pepper

## Postup

Dry mackerel steaks thoroughly.

Heat oil for deep frying and pan fry mackerel steaks until golden brown on both sides. Drain and set aside.

In a clean wok, heat 1 tablespoon oil and stir-fry garlic and onion until fragrant.

Add tomatoes and cook for 5 minutes. Add salt.

Stir in fish sauce, chicken seasoning powder, sugar, pepper and more salt if necessary.

Pour tomato sauce over the fried mackerel steaks and serve with steamed rice.

## Poznámka

Vietnamese Fried Mackerel with Fish Sauce