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## Sweet & sour fish balls



This is an old Anglo-Chinese classic – it's got beautiful textures, the balls are awesome, and the sweet and sour flavours explode in your mouth. As is quite common with Chinese cooking, the ingredients list is fairly long, but don't let that put you off – this is great value comfort food that you're guaranteed to enjoy.

### Nutritional Information (amount per serving)

Calories	Carbs	Sugar	Fat	Saturates	Protein
457kcal	66.9g	8.4g	7.4g	1.2g	28.1g

**Serves** 6

**Approx time:** 50 minutes

**Difficulty:** easy

### Ingredients

- 125 g stale bread
- 1 heaped tablespoon Chinese five-spice
- 400 g sustainably sourced fresh or frozen raw squid rings or tubes
- 250 g sustainably sourced fresh or frozen peeled raw prawns
- 1 thumb-sized piece of ginger
- 1 bunch of fresh coriander (30g)
- 1 large free-range egg
- 5 tablespoons

### Method

Whiz the bread and five-spice into breadcrumbs in a food processor, then tip on to a tray and put aside. Put the squid and prawns into the processor (hold the machine steady if using frozen). Peel and add the ginger, rip in the coriander stalks, add the egg, 3 tablespoons of cornflour and a small pinch of salt and pepper, then blitz until smooth and place in the fridge.

Meanwhile, deseed and roughly chop the peppers, peel and finely slice the carrots, and trim and slice the white part of the spring onions (finely slice the green part for later). Put the veg into a large pan on a medium-low heat with a lug of oil. Cook for 10 minutes, stirring regularly, then stir in the remaining cornflour, the tomato purée, soy and chilli sauces, vinegar, pineapple (with juice) and 400ml of cold water. Simmer for 15 minutes, or until thickened, adding the peas for the last few minutes. Meanwhile, put 1 mug of rice and 2 mugs of boiling water into a pan on a medium heat and cook for 12 minutes with the lid on, or until all the liquid has been absorbed.

Spoon out heaped teaspoons of the chilled fish mixture and roll in the

- cornflour
- 1 red pepper
- 1 yellow pepper
- 2 carrots
- 4 spring onions
- olive oil
- 1 tablespoon tomato purée
- 2 tablespoons low-salt soy sauce
- 1 tablespoon hot chilli sauce
- 2 tablespoons white wine vinegar
- 1 x 227 g tin of pineapple chunks in juice
- 75 g frozen peas
- 1 mug (320g) basmati rice

breadcrumbs until well coated, then roll into perfect little balls. Place a large non-stick frying pan on a medium heat, add a lug of oil and fry the fish balls for around 5 minutes, or until golden all over and cooked through (you may need to do this in batches). Pour the sweet and sour veg sauce on to a nice platter, place the fish balls on top and serve with the fluffy rice. Scatter everything with the coriander leaves and reserved spring onions, then dig in.

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