

SPICY SWEET AND SOUR

Serves Two

1 TEASPOON LAZY GARLIC

1 TSP LAZY CHILLI

1 TABLESPOON LAZY GINGER

2 TBSP FISH SAUCE

1 TBSP SAKE

1 TBSP MIRIN

1 TBSP LIME JUICE

1 TBSP WATER.

YOUR CHOICE OF PROTEIN AND VEG

a #simpletastes recipe for Jump! Parents by Asha Fowells

METHOD

Cook the rice (I do one cup rice to two cups hot water with a splash of oil and a sprinkle of salt, bring to the boil then stir and turn down as low as it will go with a lid on for 10 minutes, but you might have different ideas).

While it is cooking, put a frying pan on the heat and in a small jug, mix all the sauce ingredients. A simple whisk with a fork will do.

When the pan is hot, add a splash of oil and add your protein or veg.

Cook it, adding the leafy veg near the end.

No salt or anything else needed, though you could sprinkle on some sesame seeds near the end.

Put the cooked rice in a bowl, top with the salmon or other protein plus leafy veg, Pour over the sauce, giving it a stir as you do.

Eat greedily.

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