

Foodie Friday's

Lets Cook With Chef...Mark Rowe

Pan Fried Tilapia, macaroni cheese and steamed veg

Ingredients	Method	Time
<p>Tilapia 2-4 Fillets 1 tbsp fish seasoning 1tbsp all purpose Tsp pepper Tsp oyster sauce Cooking oil (vegetable) ¼ lemon</p> <p>Mac N Cheese 250g pasta of your choice, Macaroni, fusilli, penne 2tbsp flour (any) Tbsp butter Cup of milk Tsp mustard ½ tsp black pepper 200g grated cheese for sauce 280-300g grated cheese for topping (can do combination of cheeses)</p> <p>Steamed veg 1 broccoli 1 large carrot ½ cabbage Black pepper</p>	<p>Instructions Soak fish in lemon or lime for 10 minutes and then wash thoroughly, drain and dry the fish Combine the seasonings together and rest the two tilapia pieces on a chopping board Take out seasoning with fingers and rub into fish gently (so you don't break) Rub ½ teaspoon of oyster sauce on each fish Set to one side</p> <p>Mac N Cheese Preheat oven 180 degrees Add pasta to boiling water with a tip of oil (to stop pasta from sticking together) Boil for 5-6 minutes Saucepan add in flour, butter and milk, Put on medium fire constantly stirring with a whisk (rue) until it thickens Add cheese and stir in (if sauce seems too thick add more milk) – 5-10 minutes, Once this is blended and cooked down to acquired taste Drain pasta Pour sauce (rue over pasta and mix well), Top with grated cheese (cover all pasta) Add to a baking dish and put into preheated oven 180 degrees Cook for 15- 20 minutes until golden brown or to desired colour</p> <p>Steamed Veg Whilst Mac is in oven Separate broccoli into individual florets, Peel one large carrot chop head and tail, Chop in half – each half piece chop in half and then chop in half again (Julienne) – long slender pieces, Shred half the cabbage If you have a two tier steam pot – carrots/broccoli in bottom pan and cabbage in the top and sprinkle black pepper over the cabbage, Tablespoon of butter put in boiling water If you haven't got a steamer – three separate saucepans for broccoli, carrots and cabbage Cover the bottom of the pan in water, put vegetables in water, put lid on medium fire and steam for 5-7 minutes Add half a tablespoon of butter to carrots</p> <p>Cooking Tilapia Medium sized to large frying pan on a large fire until pan is warm, Once pan is hot use one tbsp of oil Once oil is hot turn fore halfway down and place tilapias in the pan and fry on both side for two minutes each until golden brown. Plate up and serve</p>	<p>Serves: 4</p> <p>Prep time: 15-20 mins</p> <p>Cooking time: 35-40 mins</p> <p>Total time: 60 minutes</p>

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