

# Trevally in Nori Jackets

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### *Shopping List*

Serves 4

700 g	Trevally fillets cut into 10 x 2 cm strips
2 tbsp	Japanese soy sauce
2 tbsp	rice wine vinegar
6 -8	Nori Seaweed Sheets
2	egg whites
	vegetable oil for frying
	vegetables of choice...red capsicum, spring onion, pumpkin?

### *Method*

1. Place the strips into a small bowl along with the soy and rice wine vinegar to marinate.
2. In a small bowl lightly beat the egg white. Set aside.
3. Brush one of the the Nori Seaweed Sheets with egg white. Place trevally on one side of the nori sheet, along with the vegetable strips.
4. Roll the bundle up firmly to form an even roll. Repeat with the rest of the trevally.
5. Heat the vegetable oil in a Wok or frypan. Test the temperature by frying a small cube of bread, when it sizzles to golden brown in 30 seconds the temperature is ready.
6. Fry the bundles in batches until they are just cooked through, about 4- 5 mins. Gently lift them out of the oil with a slotted spoon and drain on absorbent kitchen paper. Serve with noodles drizzled with sesame oil, soy and lemon.