KIKKOMAN

Wok-fried sea bass with udon noodles

Total time **25 mins** **15 mins** preparation time **10 mins** cooking time

INGREDIENTS

2 portion(s)

300 g	baby pak choi
1	stalk lemongrass
250 g	sea bass fillet with skin, boned (or another firm white fish fillet)
4 tbsp	rapeseed oil
30 g	ginger, peeled and chopped
2	garlic cloves, peeled and thinly sliced
3 tbsp	lemon juice
300 g	udon noodles (vacuum-packed, cooked)
75 ml	Kikkoman Teriyaki Sauce with Toasted Sesame
2 tbsp	Kikkoman Mirin-Style Sweet Cooking Seasoning
2 tbsp	roasted sesame seeds

PREPARATION

Step 1

250 g sea bass fillet with skin, boned (or another firm white fish fillet) - **4 tbsp** rapeseed oil
Slice the sea bass across the fillet into 1 cm wide strips. Fry in a wok in the hot rapeseed oil over a high heat for 2 minutes. Remove from the wok with a slotted spoon and set aside.

Step 2

300 g baby pak choi - **1** stalk lemongrass - **30 g** ginger, peeled and chopped - **2** garlic cloves, peeled and thinly sliced - **3 tbsp** lemon juice
Cut the pak choi lengthwise into sixths or crosswise into 3 cm strips. Quarter the lemongrass crosswise and lightly crush it with the back of a heavy knife. Fry the pak choi in the hot oil for 3 minutes, then add the lemongrass, ginger and garlic and stir once. Deglaze with the lemon juice.

Step 3

300 g udon noodles (vacuum-packed, cooked) - **75 ml** Kikkoman Teriyaki Sauce with Toasted Sesame **2 tbsp** Kikkoman Mirin-Style Sweet Cooking Seasoning
Briefly loosen the udon noodles in a bowl of hot water, then drain and add to the wok. Add the Kikkoman Teriyaki Sauce with Sesame and the Kikkoman Mirin-Style Sweet Seasoning. Mix and briefly cook until everything is heated through.

Step 4

2 tbsp roasted sesame seeds
Place the sea bass fillet strips on top of the noodles, cover the wok and simmer for 1 minute until hot. Serve and sprinkle with the roasted sesame seeds.