



Wok Seared Gluten Free Hoisin Tilapia



Ingredients - Single Serving

- 3 Tbsp. **Classic Hoisin Sauce** (Starport 128, Gluten Free)
- 6 oz. Tilapia fillets (frozen or fresh) 2 pieces
- 1 Tbsp. Cornstarch, optional
- 1 Tbsp. Green onions, bias cut 1" long
- 1 Tbsp. Vegetable oil
- 1 Tbsp. Green onions, chopped (for garnish)
- 1 slice Lemon

Instructions

1. Lightly coat tilapia with cornstarch and set aside. (The cornstarch adds texture to the tilapia; however, it is optional. For large quantity preparing, oil blanches tilapia in deep fryer at 350F for 45 seconds, then finish on griddle or wok).
2. Heat a wok or griddle on medium high heat; add oil then tilapia and sauté about 3 minutes. (For oil blanched tilapia, brown tilapia 30-40 second then add onions and sauce.)
3. Turn tilapia over and add in sliced lemon and bias cut green onions.
4. Remove sliced lemon when brown and continue to sauté about 3 minutes, or until tilapia is done.
5. Add **Classic Hoisin Sauce** to pan but not on top of the tilapia, remove all ingredients when sauce is hot.
6. Pour some **Classic Hoisin Sauce** on plate and top with tilapia.
7. Garnish with chopped green onions and browned sliced lemon.

Hoisin Sauce in Chinese means: Sea (Hoi) and Fresh (Sin) and is mostly known in the U.S. as a condiment for Peking Duck. In China, street hawkers combine Hoisin Sauce with roasted sesame seed oil for a savory dipping sauce for treats such as boiled mollusks. It is also the main sauce used for “Paper Wrapped Chicken”, Asian marinades, Chinese style BBQ pork, Vietnamese Phó Beef Noodle Soup and adds a deep savory flavor to stir-fry recipes.

Starport’s **Classic Hoisin Sauce** is **GLUTEN FREE** and is made from fermented Miso, which produces a full, robust flavor (most hoisin sauce brands use a soybean paste made with soybeans and wheat).