



FRIED MACKEREL IN BLACK BEANS TOFU

INGREDIENTS

- 2 tablespoons oil
- 2 cloves garlic, sliced thinly
- 1 tube of egg tofu, cut into thick slices
- 1 tbsp AYAM Light Soya Sauce
- salt & pepper to taste
- 1 can Ayam Brand Fried Mackerel in Black Beans 150g



FRYING

Heat up the oil in a pan and fry the garlic until crisp. Set aside.

Next pan fry the slices of egg tofu until light golden on both sides: just light golden, not dark brown. Remove them from the pan and place straight on serving plate.

Just stir fry the mackerel and black beans for awhile until it is hot, because it has already been stir fried! Add a bit of pepper and some Soya sauce to taste.

PRESENTATION

Pour the mackerel black beans on top of the tofu and garnish with fried garlic.