



Servings 2

Prep Time 10 min

Cooking Time 30 min

## Sweet and Sour Sauger



### Ingredients

4 sauger fillets, skin on

Half a small onion, sliced

1 small red bell pepper, seeds removed and sliced

1 small green bell pepper, seeds removed and sliced

Oil for frying

¼ cup of corn starch

1 teaspoon of kosher salt

¼ teaspoon of white pepper

12 ounces of bottled sweet and sour sauce (about 1 cup)

4 servings of prepared Jasmine white rice

### Directions

#### Step 1

Over medium heat in a skillet, add a dash of oil and sauté onion until translucent, about 5-7 minutes, with a pinch of salt.

#### Step 2

Add more oil if needed and turn up heat to medium-high, and add sliced peppers. Sauté peppers for 2-3 minutes for color, but still crispy. Take off heat and set aside. (Use more or less peppers to taste. If you want a saucier dish, add less sliced peppers.)

#### Step 3

In a frying pan, add half an inch of oil and heat to 375 degrees Fahrenheit. While the oil is heating, combine corn starch, white pepper and kosher salt in a wide dish. Check fish for bones and scales. Make shallow score marks on the flesh side of fish.

#### Step 4

Coat fish with the corn starch mixture; only coat enough to fit into the pan at one time.

Carefully place the coated fish into the hot oil, flesh side (scored side) down first to avoid curling. Do not crowd the pan and only cook in one layer. When the first side browns, flip to brown the skin side. Repeat with remaining fish. If needed, keep fish warm in an oven while you fry the rest.

#### Step 5

While fish is cooking, add sweet and sour sauce into the skillet with the onion and peppers. Heat until warmed through. Season to taste.

While hot, lay fried fish into a dish and top with the sweet and sour sauce and veggies. Serve immediately with white rice.

