

Fish Stir Fry



Serves	4
Prep time	20 minutes
Cook time	15 minutes
Total time	35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge , Salicylates & Amines
Meal type	Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot

Ingredients

- 2 tablespoons rice bran oil
- 2 spring onions (finely chopped)
- 1 teaspoon minced garlic
- 1 cup bean shoots (rinsed and drained)
- 80g green beans (topped and tailed)
- 1 Small choko (peeled and cut into thin strips)
- 4 Serves noodles (any type)
- 250g fish fillets (thinly sliced, see note)
- 3 tablespoons Failsafe Foodie's Magic Sauce (refer to recipe)

Moderate Salicylates (Optional)

- 1 Small zucchini (peeled and cut into thin strips)
- 1 Small carrot (cut into thin strips)

Directions

1. Prepare the noodles, drain and set aside.
2. Heat the oil in a wok or large frying pan and add the spring onions and garlic. Cook for 2 to 3 minutes until soft.
3. Add the sauce then the fish and cook until the fish is cooked through.
4. Add the remaining vegetables and cook until heated through.
5. Stir in the noodles and reheat.
6. Serve.

Note

Low / Moderate Salicylates, Low - High Amines, Low Glutamates

Refer here for [Failsafe Foodie's Magic Sauce recipe](#).

Fresh white fish is low chemical, the older the fish is the more amines it will contain. Salmon is moderate in amines.