



# Seafood rice vermicelli stir-fry

## Ingredients (serves 2)

- 100 g rice vermicelli
- 4 shelled prawns
- 1 white fish fillet (125 g)
- 1/2 spring onion
- 1 l of fish stock
- Extra virgin olive oil
- Pepper
- Parsley (optional)
- Soy sauce (skip in case of hypertension or fluid retention)

## Method

1. In a frying pan with a few drops of olive oil, sauté the prawns until lightly brown. Reserve.
2. Dice the fish and cook in the same pan. Reserve.
3. Gently fry the onion in the same pan (without browning it too much) with a few drops of oil and water. Set aside.
4. Boil the noodles for a minute in a saucepan with water or fish broth. Drain, cool and reserve.
5. Chop the parsley.
6. In the same frying pan with oil, stir-fry the parsley, noodles, fried onion, diced fish, and the shrimp.
7. Add soy sauce to taste.
8. Stir and cook for one more minute.
9. Serve.