

## Chinese Fish dish

### Ingredients:

- Catfish
- Egg whites
- Fresh or dried red peppers
- Garlic
- salt and pepper
- prickly ash oil
- rice cooking wine
- green onions
- lotus vegetables
- pickle vegetable hot pot seasoning
- ginger

### Preparations:

1. cut the fish in 1-inch pieces and mix the fish with the egg whites, set apart
2. cut the green onions, separate the white and the green
3. fry some pickle vegetable hot pot seasoning with the dried red peppers (if it's fresh, add it later after adding water ) in oil for 3 min with cut ginger
4. add rice cooking wine, the garlic, white pieces of the green onions and prickly ash oil and water, salt and pepper
5. microwave the lotus vegetables for 1 minute
6. add the fish to the pepper/garlic/ginger, etc.
7. add the lotus vegetables.
8. cook for a little while till the fish is good to eat.
9. decorate on top with the green onions