

Culinary delights  
with  
**PALM OIL**

**Stir-fried scallops with mango and cherry**



The mango, when ripe, is a perfect fruit to eat as a flavourful dessert. Picked unripe, though, it takes on a completely different role: to offer a pleasantly sour fragrance to any dish. It is most commonly found in Thai dishes, cooked alongside pickles and flavourful meats. Take pleasure in the fruity flavouring of this seafood dish: fresh scallops that are stir-fried to perfection in a combination of young mango strips and diced cherries, alongside other varied, yet completely complementary flavours.

**INGREDIENTS**



**METHOD**



- 6 scallops
- 1/2 medium-sized young mango, julienned
- 1 large red chili, de-seeded and julienned
- 2 tins cherry in syrup, diced
- 5 cherry tomatoes, halved
- 1 small onion, diced
- 1/2 tsp garlic, minced
- 2 tsp fish sauce
- 2 tbsp red palm oil
- 1/2 tbsp tapioca flour
- 1 tbsp palm sugar
- 50 ml chicken stock
- Coriander to garnish

Place the wok over high fire, and pour oil over to heat. Sauté minced garlic, diced onion, and mango strips for a few seconds. Lower the heat, then add in the scallops, chewy tomatoes, and diced cherries. Cook briefly, then add in chicken stock, fish sauce, palm sugar salt, and pepper as seasoning.

Garnish with coriander and serve immediately.