



## Sichuan Fish

**GF**  
option

### INGREDIENTS

4 tbsp seasoned rice vinegar, divided  
1 tbsp Hy-Vee corn starch  
½ tsp kosher salt  
½ tsp coarsely ground Hy-Vee black pepper  
1 lb Fish Market fresh tilapia fillets, cut into 2-in. pieces  
1 tbsp plus ¼ cup Hy-Vee vegetable oil, divided  
4 small celery stalks with leaves, cut into 1/2-in.-thick bias slices  
1 cup (2-in. pieces) green onions, divided  
2 tbsp peeled and thinly sliced gingerroot  
3 cloves garlic, thinly sliced  
3 cups Hy-Vee chicken stock  
1 cup fresh bean sprouts  
6 dried whole red chilies  
1 tbsp whole pink peppercorns  
¼ cup finely chopped fresh cilantro, plus additional for garnish  
2 cups loosely packed baby spinach  
Heinz 57 Collection chili pepper culinary crunch sauce, for serving

### PREPARATION

- 1** Whisk together 2 Tbsp. rice vinegar, corn starch, salt and black pepper in a medium bowl. Add fish; turn to coat. Refrigerate for 20 minutes.
- 2** Heat 1 Tbsp. vegetable oil over medium heat in a large saucepan. Add celery stalks with leaves and ¼ cup green onions. Cook for 2 to 3 minutes or until tender, stirring occasionally. Add gingerroot and garlic; cook for 30 seconds, stirring constantly. Slowly add chicken stock, remaining 2 Tbsp. rice vinegar and bean sprouts. Bring to a boil; reduce heat to medium-low.
- 3** Transfer vegetables to a large heatproof serving bowl using a large slotted spoon. Increase heat to medium-high. Add fish, one piece at a time, to the boiling stock mixture. Boil for 2 to 3 minutes or until opaque (145°).
- 4** Meanwhile, heat remaining ¼ cup vegetable oil in a small saucepan over medium heat. Add remaining ¾ cup green onions, dried chilies, pink peppercorns and ¼ cup cilantro. Heat to boiling.
- 5** Pour stock and fish over vegetables in serving bowl. Add fresh spinach; stir gently, careful not to break the fish. Pour hot chili oil over fish.
- 6** Garnish with additional fresh cilantro and chili pepper crunch sauce, if desired. Serve immediately. Discard dried chilies.

### NUTRITION FACTS

Calories: 360  
Total Fat: 21g  
Saturated Fat: 3.5g  
Trans Fat: 0g  
Cholesterol: 65mg

Sodium: 950mg  
Carbohydrates: 13g  
Fiber: 2g  
Sugar: 6g  
Protein: 35g