

Squash and Fillet Mignon Recipe

Ingredients: Serves 2

180 g fillet mignon

½ half strip of squash

1 tablespoon of salt

1 stalk scallion, trimmed and cut into very fine long strips for garnishing

1 hot red chili pepper, remove seeds and cut into very fine long strips for garnishing

Ingredients for Seasoning:

1 tablespoon of sesame oil

½ tablespoon of soy sauce

½ tablespoon of mashed peeled garlic

1 teaspoon of rice wine

1 teaspoon of sweet rice cooking wine

½ teaspoon of Korean hot pepper powder

Method:

Slice fillet mignon into 1 cm thick. Add ingredients for seasoning to sliced fillet and marinate them for 15 minutes. Heat some oil in a frying pan and fry fillet mignon until done and set aside to let cool. Cut whole squash into half. Do not peel the skin off. Remove the seeds and then cut the squash into 0.3 cm thin slices. Gently rub salt onto sliced squash and marinate for 5 minutes then drain out and discard the juice. Place the sliced squash and fillet mignon alternately on a serving dish and garnish with strips of scallions and hot red chili peppers before serving.

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