

# Gill's Gourmet Gallery

## Tom Yum with scampi

### **Ingredients:** (Serves 4)

12 large uncooked scampi tail  
1 large packets bamboo shoots  
2 red peppers  
1 onion  
1 large courgette  
600mls water  
1 packet Tom Yum spice paste (international supermarket)  
2 tablespoons fish sauce  
100g mushrooms  
100g French green beans  
2 tablespoons vegetable oil  
1 handful cashew nuts (optional)  
Seasoning

### **Method:**

Dice onion and fry in 2 tablespoons of vegetable oil until soft.  
Slice the courgette, red peppers and mushrooms.  
Cut the green beans into 2 inch pieces.  
Add the vegetables to the onion and stir-fry for a further 4 minutes.  
Reduce the heat.  
Add the bamboo shoots.  
Mix the Tom Yum paste with the 600mls water and fish sauce.  
Stir into the vegetables.  
Add the cashew nuts.  
Place the scampi tails on top of the vegetables and cover with a lid.  
Simmer for 15 minutes until the scampi is pink and cooked through.  
Season to taste and serve immediately.

