

# Japanese Marinated Sea Bass With Asparagus And Chili

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-style-asparagus-recipe>

## Ingredients:

- 2 sea bass fillets
- 1 tablespoon butter
- 9/16 pound asparagus trimmed
- salt Maldon smoked, flakes
- 1 red chilli sliced
- watercress to garnish, optional
- 2 tablespoons soy sauce
- 2 tablespoons mirin Japanese sweet cooking wine
- 2 tablespoons sake
- 1 garlic crushed clove of
- 1 teaspoon ginger grated

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 2 grams
8. Sodium: 680 milligrams
9. Sugar: 1 grams

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