

Basa Fillets in Tomatillo Sauce

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-basa-fish-recipe>

Ingredients:

- 1 1/2 cups long-grain white rice
- 2 1/2 cups water
- 3 teaspoons chicken bouillon granules
- 1 pound tomatillos fresh, husks removed
- 3 jalapeno peppers cut into large pieces
- 1 clove garlic
- 1 tablespoon salt or to taste
- 1 tablespoon corn oil
- 1/2 cup chopped onion
- 1 clove garlic minced
- 1 1/2 pounds basa Vietnamese catfish fillets
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 55 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1430 milligrams
9. Sugar: 4 grams

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