

Sweet Spicy Soy Cream Dory Fish Fillet

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/best-fish-fillet-for-chinese-recipe>

Ingredients:

- 1 fillet fish fillet Cream Dory, cut into small squares
- salt
- pepper
- spanish paprika
- 1 piece egg slightly beaten
- 1 cup flour or Cornstarch
- 1 cup water
- 3 tablespoons oyster sauce
- 2 tablespoons light soy sauce
- 2 tablespoons sugar white or brown will do
- ginger Thumb size, grated
- 1 tablespoon parsley Chopped
- 1 teaspoon cornstarch
- 1/4 cup water
- salt
- pepper
- spring onion
- toasted sesame seeds

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 20 milligrams
4. Fat: 2.5 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. Sodium: 1250 milligrams

8. Sugar: 7 grams

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