

# Chinese Tomato Fish

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-golden-carp-recipe>

## Ingredients:

- 1 carp grass, around 1000g, or you can use fillet
- 2 tomatoes large, peeled and cut into small cubes
- 100 grams oyster mushrooms hard ends removed and spilt into smaller pieces, you can change it to bean sprouts, cucumber or shitake mu...
- 4 garlic cloves
- 1 cup celery cut into 1 inch sections
- 1/4 red onion cut into pieces
- 1 handful coriander
- 2 green onions chopped
- 4 tablespoons cooking oil divided
- 2 tablespoons Chinese cooking wine
- 1 tablespoon minced ginger
- 2 spring onion whites
- 1 pinch salt
- 1 dash pepper
- 1 egg white
- 2 tablespoons starch I use homemade sweet potato starch, you can use cornstarch

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 13 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 125 milligrams
8. Sugar: 4 grams

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