

Steamed Murray cod with red chilli oil

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-steamed-blue-cod-recipe>

Ingredients:

- 2 cod small Murray, about 800g, cleaned
- 1/4 teaspoon salt
- 1 tablespoon soy sauce
- 1 tablespoon Shaoxing wine shao hsing
- 1 pinch sugar
- 2 centimeters ginger peeled and very finely shredded
- 2 spring onions roots removed and very finely shredded
- 2 centimeters ginger peeled and very finely shredded
- 2 cloves garlic minced
- 1/2 cup coriander leaves loosely packed, to serve
- chilli oil
- 1/2 cup vegetable oil
- 1 tablespoon Sichuan peppercorns
- 4 red chillies large dried, deseeded and cut into 1cm lengths
- 2 tablespoons bean paste chilli

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 4 grams
3. Fat: 22 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 340 milligrams
8. Sugar: 2 grams
9. TransFat: 0.5 grams

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