

Sea Bass with Soy Glaze and Cucumber Salsa

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sea-bass-fillet-recipe>

Ingredients:

- 1 cucumber peeled, seeded, and chopped
- 1 1/2 teaspoons low sodium soy sauce or tamari to make it gluten-free
- 1 tablespoon rice vinegar
- 2 scallions chopped
- 1 tablespoon chopped cilantro
- 1/4 cup low sodium soy sauce or tamari to make it gluten-free
- 1/4 cup mirin
- 1/4 cup granulated sugar
- 2 tablespoons dry white wine
- 18 ounces sea bass fillets preferably wild striped bass or substitute cod or black cod
- 1/2 cup all-purpose flour optional
- 4 tablespoons olive oil
- 1 tablespoon sesame seeds

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 35 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 2 grams
8. Sodium: 460 milligrams
9. Sugar: 10 grams

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