

# Authentic Chinese Steamed Fish

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/rockfish-stir-fry-chinese-recipe>

## Ingredients:

- 4 pounds rockfish dressed
- 1/4 cup vegetable oil
- 1 green onion thinly sliced diagonally
- 1 piece fresh ginger peeled and cut into matchstick strips
- 1/2 cup soy sauce

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 165 milligrams
4. Fat: 24 grams
5. Protein: 71 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1320 milligrams
8. Sugar: 1 grams

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