

# Chinese-style Sea Bass

Yield: 2 min  
Total Time: 40 min

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

## Ingredients:

- 1 piece fresh root ginger
- 5 spring onions
- 1/3 red chilli optional
- 5 1/16 tablespoons Knorr Chicken Stock made from Knorr Chicken Stock Pot, diluted according to packet instructions
- 2 tablespoons olive oil plus extra for oiling foil
- 3 3/8 tablespoons soy sauce or reduced salt soy sauce, to your taste
- 10 sprigs fresh coriander
- small amount of Knorr Fish Stock Cube small amount of
- whole sea bass 1 kg approx, scaled and gutted
- 3 3/8 tablespoons dry white wine

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 10 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams
7. Sodium: 1590 milligrams
8. Sugar: 3 grams

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