

# Chinese Steamed Cod Fish with Ginger Scallion Sauce

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 pound cod fish fillets boneless/skinless at about 1-inch thick
- 1/2 teaspoon coarse sea salt
- 2 tablespoons coconut aminos
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- 1 tablespoon gluten free tamari
- 2 teaspoons toasted sesame oil
- 1 tablespoon chopped ginger finely
- 3 bulbs scallions chopped
- 3/4 ounce red chilies Fresno or serrano, seeds removed and finely chopped
- 4 tablespoons avocado oil

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 50 milligrams
4. Fat: 17 grams
5. Protein: 21 grams
6. SaturatedFat: 2 grams
7. Sodium: 610 milligrams

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