

Grilled Whole Fish with Chili Soy Dipping Sauce

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 whole fish scaled and gutted, one 3-5 lb fish or two 1-1/2 lb fish
- cooking oil for brushing
- pepper
- salt
- 1 handful herbs fresh
- 2 lemons /limes or 1 orange
- 3 inches fresh ginger section of, sliced thinly
- lemon additional, or lime wedges for the table
- 2 tablespoons cooking oil
- 2 1/2 garlic cloves minced
- 3/4 pepper fresh chili, sliced thinly, depends on your heat preference
- 1/2 cup soy sauce
- 1/2 teaspoon sugar

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 14 grams
3. Fat: 12 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 2000 milligrams
8. Sugar: 1 grams

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