

Japanese-Style Wolf Fish Fillets

Yield: 2 min
Total Time: 40 min

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

Ingredients:

- 2 carrots
- 1 yellow bell pepper
- 2 ounces snow pea
- 7 ounces napa cabbage
- 1 onion medium-sized
- 1 piece fresh ginger root about 20 grams
- 1 red chile pepper
- 1/2 lime
- 1 teaspoon sesame oil
- 1 tablespoon mirin or dry sherry
- 1 tablespoon soy sauce
- 1 teaspoon honey
- 2 fish fillets Wolf, each about 160 grams
- salt
- 2 tablespoons unhulled sesame seeds
- 2 tablespoons vegetable oil

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 80 milligrams
4. Fat: 22 grams
5. Fiber: 7 grams
6. Protein: 37 grams
7. SaturatedFat: 2 grams
8. Sodium: 1030 milligrams
9. Sugar: 11 grams

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