

Teriyaki Fish

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-ling-cod-recipe>

Ingredients:

- 1 tablespoon mirin
- 1 tablespoon sake
- 1/2 teaspoon sugar
- 2 tablespoons soy sauce check gluten-free if required
- 2 fillets ling or kingfish, skin removed, about 150g each
- 1 teaspoon cornflour
- 1 teaspoon vegetable oil
- 2 spring onions very thick, white and light green part cut into 4 or 5 5cm pieces

Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 3 grams
3. Fat: 1 grams
4. Protein: 1 grams
5. Sodium: 450 milligrams
6. Sugar: 1 grams

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