

Opah, Two Ways

Yield: 3 min
Total Time: 30 min

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

Ingredients:

- 1/2 pound opah sushi-grade, or halibut, sliced thinly across the grain
- 1 tablespoon olive oil good-quality
- 1 tablespoon scallions thinly sliced
- 1/2 lemon zested and juiced
- salt
- pepper
- 1 pound opah sushi-grade
- salt
- pepper
- olive oil
- lemon to serve

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 10 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 520 milligrams

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