

Patagonian Toothfish with Red Pepper

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/patagonian-toothfish-recipe-chinese>

Ingredients:

- 2 cups sweet red peppers fresh, roughly chopped, I used Kapia peppers from Melissa's Produce
- 1/2 cup fresh tomato washed and dried, seeds removed and roughly chopped
- 1/4 cup olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon chopped garlic finely chopped
- 1 teaspoon sweet paprika
- 1/2 teaspoon sea salt
- 1/2 teaspoon granulated sugar
- 10 ounces fresh spinach washed, dried and stems removed
- 4 fillets approximately 5-ounce, Patagonian Toothfish

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 10 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 360 milligrams
8. Sugar: 5 grams

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