

# Chinese Poached Black Cod

Yield: 6 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-black-cod-chinese-style>

## Ingredients:

- 3/4 cup water
- 1 tablespoon light olive oil
- 1 1/2 pounds filets black cod, sablefish, cut into large pieces
- 3 green onion stalks
- 1 knob ginger about the size of a small lemon
- 2 tablespoons tamari soy sauce if you do not have a gluten allergy
- 1 tablespoon sesame oil

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 1 grams
3. Fat: 4.5 grams
4. Protein: 1 grams
5. SaturatedFat: 0.5 grams
6. Sodium: 340 milligrams

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