

# Red Mullet in Ginger Broth

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 1 piece fresh ginger root about 20 grams
- 1 garlic clove small
- 2 sprigs celery each about 80 grams
- 1 1/4 cups chicken broth
- 1 star anise
- 1 pinch sugar
- 3 red mullet each about 50 grams
- 1 sprig thai basil
- salt
- pepper

## Nutrition:

1. Calories: 25 calories
2. Carbohydrate: 3 grams
3. Fat: 1 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. Sodium: 220 milligrams

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