

Chinese Steamed Fish

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-steamed-fish-recipe>

Ingredients:

- 1 fish fresh, I use Bass around 500g to 750g
- 3 spring onion
- 1 shallots
- 1 carrots small section of, finely shredded
- 1 inch root ginger
- 1 bunch coriander stem only and cut into small sections
- 1 dash white pepper powder
- 1 teaspoon salt
- 2 teaspoons soy sauce
- 2 teaspoons water
- 2 teaspoons sesame oil
- 1 tablespoon cooking oil
- 1 chili pepper for decorating, optional

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 45 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 880 milligrams
9. Sugar: 2 grams

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