

Velvet Fish And Asparagus Stir Fry

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/turbot-fish-chinese-recipe>

Ingredients:

- 1 egg white small, beaten
- 1 tablespoon cornflour
- 1 tablespoon Shaoxing wine or dry sherry
- 1/2 teaspoon fine sea salt
- 9/16 pound white fish fillets
- halibut
- brill
- turbot
- cod
- 1 teaspoon oyster sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon light soy sauce
- 1/2 teaspoon white rice vinegar
- 1/2 teaspoon red wine vinegar
- 1 teaspoon brown sugar
- 1 tablespoon cornflour
- 3 tablespoons groundnut oil
- 3 spring onions chopped, white part only
- 1 tablespoon fresh ginger finely chopped
- 3 garlic cloves finely chopped
- 6 asparagus spears sliced diagonally 1/2 cm thick

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams

5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 840 milligrams
9. Sugar: 2 grams

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