

Vietnamese Fish en papillote

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-fish-recipe-youtube>

Ingredients:

- 12 ounces fish hearty, mackerel, cod, tuna, sea bass
- 1 1/2 tablespoons lemongrass minced
- 1 1/2 tablespoons white onion minced
- 1 tablespoon garlic minced
- 1 tablespoon vegetable oil
- 1 tablespoon white wine
- 1 1/2 teaspoons sugar
- 1 1/2 tablespoons fish sauce
- 1 1/2 teaspoons ginger minced
- 1 teaspoon pepper
- 1 1/2 teaspoons oyster sauce
- 1/4 cup cilantro chopped, optional, to garnish
- lime to garnish, optional
- 3 feet kitchen twine, cut into two pieces

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 1 grams
8. Sodium: 630 milligrams
9. Sugar: 3 grams

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