

# Vietnamese Fried Fish with Tomato Sauce

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-fried-fish-with-tomato-sauce-recipe>

## Ingredients:

- 2 whole fish we used flounder
- 3 tomatoes diced
- 2 onions roughly chopped
- 1 tablespoon potato starch affiliate link
- 1 tablespoon sugar or to taste
- 1 1/2 tablespoons chicken bouillon powder affiliate link
- 1 teaspoon salt or to taste
- 1/2 cup water
- oil for frying
- 2 whole fish scored and halved, we used founder
- 3 tomatoes diced
- 2 onions roughly chopped
- 1 tablespoon potato starch affiliate link
- 1 tablespoon sugar or to taste
- 1 1/2 tablespoons chicken bouillon powder affiliate link
- 1 teaspoon salt or to taste
- 1/2 cup water
- oil for frying

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 28 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 2040 milligrams

8. Sugar: 17 grams

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