

# Baked Pompano

Yield: 2 min  
Total Time: 35 min

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

## Ingredients:

- 2 pounds pompano whole fresh, whole fish, cleaned and gutted, or use fillets
- 1/4 cup calamansi juice
- 1 tablespoon fish sauce patis
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper powder
- 1 whole onion chopped
- 4 cloves garlic peeled and minced
- 1 knob fresh ginger sliced in 1-inch small strips, about 1/8 cup
- 2 stalks scallions or green onions chopped, edges trimmed
- 1 whole large tomato sliced
- 1/2 teaspoon grated lemon zest
- 1/3 cup green peas
- 1 tablespoon butter
- 1 green bell pepper or medium-sized red, sliced for garnish, optional
- 2 whole fresh lemons sliced for garnish, optional
- rice boiled, for serving

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 9 grams
6. Protein: 5 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1930 milligrams
9. Sugar: 7 grams

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