

Vietnamese Tomato Fish with Dill (Cá S?t Cà Chua)

Yield: 6 min
Total Time: 35 min

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

Ingredients:

- 1 tablespoon vegetable oil
- 1 pint cherry tomatoes halved
- 1/4 teaspoon kosher salt
- 1/8 teaspoon cracked pepper
- 2 pounds catfish fillets Cod or haddock also work nicely.
- 2 shallots diced
- 1/2 cup water
- 2 sprigs dill

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 70 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 3 grams
8. Sodium: 190 milligrams
9. Sugar: 2 grams

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