

Chinese Style Sweet and Sour Fish

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 egg
- 1/2 teaspoon ground pepper powder
- 1/2 teaspoon salt
- 1/2 teaspoon soy sauce
- 1/4 cup corn starch
- 300 grams white fish fillet you can use cod, snapper, tilapia, basa or any mild fish
- vegetable
- peanut oil
- 1 tablespoon corn starch
- 1/4 cup water
- 1 teaspoon honey
- 1 teaspoon soy sauce
- 1 teaspoon rice vinegar I used apple cider
- 2 tablespoons water to dilute the sauce
- 1 tablespoon peanut oil
- 2 tablespoons minced garlic
- 1/4 cup onions chopped
- 1/4 cup red peppers sliced, /capsicum
- 1/4 cup spring onion /scallion

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 100 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 17 grams

7. SaturatedFat: 2.5 grams
 8. Sodium: 480 milligrams
 9. Sugar: 3 grams
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