DietCloud – Recipe

Recipe Name: Asian Black Pepper Basa Fish Recipe

Diet Type:

Course: Main Course

Cuisine: Asian

Quantity:



Ingredients

Ingredient	Quantity
• 2 Basa fish - fillets	2
• 1 teaspoon Vinegar	
• 1 teaspoon Dark soy sauce	
• 1/2 teaspoon Black pepper powder	
• 1 tablespoon Sesame (Gingelly) Oil	
• 2 teaspoons Garlic - finely chopped	
• 1 teaspoon Ginger - finely chopped	
• 8 Spring Onion (Bulb & Greens) - finely chopped	
• 1 Dry Red Chilli - deseeded and cut into diamonds	
• 10 Whole Black Peppercorns - lightly crushed	
• 1 teaspoon Dark soy sauce	
• 1 teaspoon Vinegar	
• 1 tablespoon Corn flour	

Preparation

• To begin making the Asian Black Pepper Basa Fish Recipe, we will first marinate the basa fish.

• Place the basa fish fillets into this bowl and rub in the marinade onto the fillets.

• Set aside for 30 minutes.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)