

Lean & Green

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PAN-FRIED GOLD THREAD FISH IN TOMATO SAUCE



No. of servings: 4

Per serving: 1 leaner | 3 green |
1 healthy fat | 3 condiments

Total Time: 40 minutes

Cuisine: Chinese

Contains: Fish, Meat

INGREDIENTS

4 pieces (~600g) gold thread fish (ikan kurau), remove scales and organs, wash and pat dry with kitchen paper towels

1/2 tsp salt

1/2 tsp white ground pepper

2 tbsp (30mL) canola oil, divided

4 slices (10g) fresh ginger root, peeled

4 cloves (12g) garlic, mashed

4 medium (490g) tomatoes, diced

2 tbsp catsup/ketchup

250mL fat-free chicken broth

250mL water

1 medium (15g) scallion/spring onion, trimmed and cut into 3cm long pieces

1 small head (265g) cauliflower, trimmed and "riced" (should yield about 3 cups)*

DIRECTIONS

1. Marinate the fish with salt and pepper for 15 minutes.
2. Heat 1 tbsp of oil with ginger in a pan, and pan-fry the fish on low-medium heat until fish skin turns slightly golden. Remove from pan and set aside.
3. Heat remaining oil with garlic in the pan. Add tomatoes, catsup/ketchup, chicken broth and water, cook for 3 minutes.
4. Pour the tomato gravy onto the fish, garnish with scallions/spring onions and serve hot immediately with steamed cauliflower "rice".

***Note:** To make cauliflower "rice", trim and chop a head of cauliflower into rice-like pieces using a knife. Alternatively, you may grate the cauliflower with a box grater or cut cauliflower into florets and lightly pulse in a food processor. Cook cauliflower "rice" in microwave on high for about 3 to 4 minutes until tender or steam on stovetop until tender. Keep warm, and set aside.

Per serving: 270 calories, 31g protein,
13g carbohydrate, 12g fat



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