

Sticky Fish



Serves	Prep Time	Cooking	Total Time	Calories
2 people				328 kcal

Stuff that's in it:

- 2 Pieces Of Cod Loin (Sliced Into Strips)
 - 10G Plain Flour
- 15Ml Rapeseed Oil (For Frying)
 - 60G Spring Onion (Chopped)
- 250G Mixed Colour Peppers (Diced)
 - 1 Tbsp White Wine Vinegar (Xx)
 - 100Ml Chicken Stock
 - 15G Golden Caster Sugar
 - 8G Corn Flour
 - 15Ml Reduced Salt Soy Sauce
 - 1 Tsp Sesame Oil
 - 23G Reduced Sugar Ketchup

What you do:

Pat your fish fry with paper towels then roll in the flour and coat all over.

In a small fry pan, heat the rapeseed oil till hot, then add the fish and fry for Around 4 minutes all over, until cooked through, remove onto a paper towel.

Add the spring onion and pepper and fry gently until coloured.

In a separate bowl, add the vinegar, stock, corn flour, soy, sesame oil, caster sugar and ketchup and whisk until smooth. Add to a small sauce pan, bring to boil and simmer for 2 minutes until thick!

Add the sauce to the fish and the peppers and mix well, serve with rice or chips??

Nutrition

- Carbs: 27g
- Fat: 11g
- Protein: 28g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com