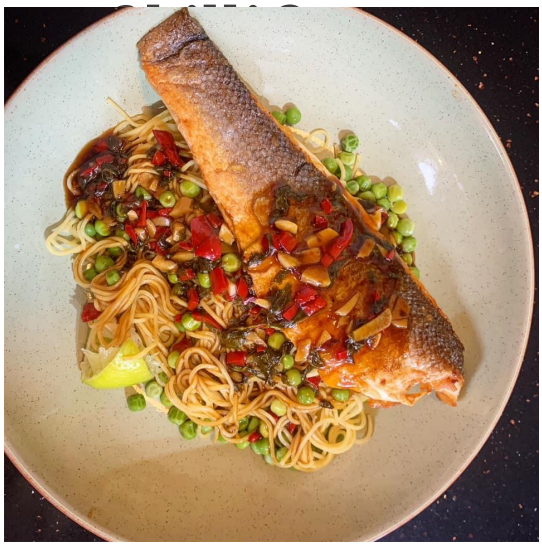
FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Sea Bass with Noodles, drenched in Lime and



Serves	Prep Time	Cooking	Total Time	Calories
1 person				**495 kcal**

Stuff that's in it:

• 1 Sea Bass Fillet

• 1 Nest Dry Egg Noodles (Cooked As Per Packet Instructions)

• 1 Red Chilli (Finely Chopped)

• ½ Lime Juice

• 1 Tbsp Dark Soy Sauce

• 2 Tsp Rice Wine Vinegar

• 2 Garlic Cloves (Chopped)

• 10G Corn Flour (Mixed With Splash Of Water To Make A Paste)

• 100Ml Water

• 10G Golden Caster Sugar

• Squirt Of Oil

• 1 Tbsp Fresh Coriander (Chopped)

• 80G Frozen Peas (Steamed Or Boiled)

• Few Basil Leaves (Torn (Optional))

What you do:

Get a fry pan searing hot and squirt a tiny bit of oil on, lay your sea bass skin down and cook for around 4/5 mins each side, getting the skin crispy.

In another pan, add the chilli, garlic and coriander/basil, squirt of oil and gently fry for 2 minutes, add the soy sauce and rice vinegar then Add the sugar, then add the cornflour mix, gently heat and as soon as it becomes thick, add the water until you get a saucy consistency, add more or less water for desired thickness.

Add the peas to the cooked noodles then tip into a bowl, place the fish on top and pour the Sauce all over.

Nutrition

• Carbs: 50g

• Fat: 16g

• Protein: 31g

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