FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

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

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