



HALIBUT WITH RICE WINE

 6 portions

INGREDIENTS

- 1 teaspoon vegetable oil
- 1 shallots, finely chopped
- 2 cloves of garlic, raw (6 g), finely chopped
- 1 tbsp black bean sauce
- 1/2 mirin (Japanese sweet wine)
- 1 tbsp of soy sauce made or tamari
- 1 tbsp rice vinegar
- 24 oz -6 4 ounce filets, skin removed
- 1 tsp of oil, sesame, salad or cooking (5 g)
- 1/4 tsp, ground of spices, pepper, black (1 g)
- 2 tablespoons chopped fresh cilantro

COOKING METHOD

- 1° Heat oil in non-stick saucepan over medium heat. Cook shallots and garlic gently until fragrant, but not brown. Stir in black bean sauce, rice wine, and soy sauce. Bring to boil and cook until reduced by half. Remove from heat, and stir in vinegar; set aside. Pat fish dry. Rub with sesame oil and sprinkle with pepper. Preheat an outdoor grill for high heat, and lightly oil grate. Grill fish for about 5 minutes per side, or just until cooked through. Sprinkle with cilantro. Serve with sauce poured over top.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (150 g)	% DRI
ENERGY	106 kcal	158 kcal	8 %
FAT	2 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	37 mg	56 mg	19 %
SODIUM	172 mg	257 mg	11 %
CARBOHYDRATE	3 g	4 g	1 %
SUGARS	1 g	2 g	—
FIBER	0 g	1 g	2 %
PROTEIN	15 g	22 g	—