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Chinese Fish Fillets

Quick Meal

This dish works equally well with catfish fillets, sea bass, or carp. The sauce ingredients can be found in the Asian food section of most supermarkets.

Ingredients

Sauce:

- 1 1/2 cups reduced sodium chicken broth
- 4 teaspoons [ThickenThin not/Starch](#)
- 4 teaspoons sesame oil
- 3 cloves garlic, pushed through a press
- 4 teaspoons grated fresh ginger
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 1 [packet sugar substitute](#)
- 4 catfish fillets (8 ounces each)
- 2 green onions, thinly sliced

Directions

1. Heat broiler. Mix broth and thickener in a small bowl; stir until thickener dissolves. Heat oil in a medium saucepan over medium heat. Stir-fry garlic and ginger 30 seconds; add rice wine vinegar, soy sauce, sugar substitute and broth mixture. Bring to a boil. Cook, stirring constantly, 1 minute. Remove from heat.
2. Brush fillets with sauce. Broil 3 minutes per side. Transfer to plates; top with remaining sauce. Garnish with green onions.

[IN BRIEF]

Servings: 4
 Prep time: 15 minutes
 Bake/Cook time: 10 minutes

[NUTRITION PER SERVING]

[Carbohydrates](#): 5.5 grams
[Net Carbs](#): 4 grams
[Fiber](#): 1.5 grams
[Protein](#): 37 grams
[Fat](#): 22.5 grams
[Calories](#): 379

Good for
 Atkins Points:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Chinese_Fish_Fillets.html

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