



Soy-Marinated Fish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds pollack fillets cut into 2x3- or 2x4-inch pieces
- ☐ 3 tablespoons ginger fresh minced peeled
- ☐ 0.3 cup green onions chopped
- ☐ 2 tablespoons asian sesame oil
- ☐ 2 tablespoons rice wine dry chinese (rice wine)
- ☐ 1 tablespoon soya sauce dark
- ☐ 2 tablespoons soya sauce
- ☐ 3 tablespoons sugar

- ☐ 2 tablespoons vegetable oil divided
- ☐ 1 star anise whole

Equipment

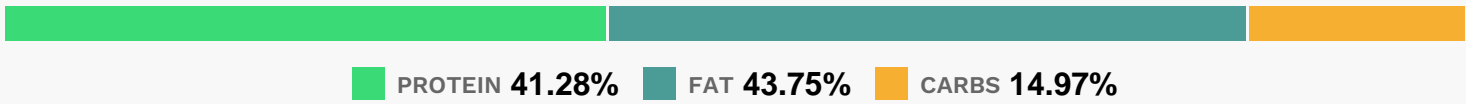
- ☐ paper towels
- ☐ sauce pan
- ☐ wok
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Rinse fish and pat dry.
- ☐ Mix green onions, ginger, 1 tablespoon rice wine, 1 tablespoon oil, and soy sauce in 11x7x2-inch glass baking dish.
- ☐ Add fish and turn to coat.
- ☐ Let marinate 1 hour at room temperature.
- ☐ Bring first 6 ingredients to boil in heavy small saucepan, stirring to dissolve sugar. Reduce heat to medium and simmer until sauce is slightly thickened and reduced to 1/3 cup, about 4 minutes.
- ☐ Remove star anise sauce from heat and cool.
- ☐ Remove fish from marinade and place on several layers of paper towels to drain; reserve marinade. Pat fish dry.
- ☐ Heat 14-inch-diameter flat-bottomed wok over high heat until drop of water added to wok evaporates on contact.
- ☐ Add remaining 1 tablespoon oil to wok, then fish pieces, spreading evenly. Cover and cook 30 seconds. Uncover and loosen fish pieces with metal spatula. Reduce heat to medium and cook 1 minute. Turn fish pieces over; cook 1 minute.
- ☐ Add remaining 2 tablespoons rice wine and reserved marinade from fish. Cover and cook 1 minute.
- ☐ Remove wok from heat; let fish stand covered until just opaque in center, about 1 minute. Using metal spatula, transfer fish and sauce from wok to plate.

- ☐
- Drizzle with some of star anise sauce. Refrigerate until cold. DO AHEAD Can be made 6 hours ahead. Cover fish and keep chilled. Cover remaining star anise sauce and let stand at room temperature.
- ☐
- Spoon additional star anise sauce over fish; sprinkle with green onions and serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.35, Glycemic Load:4.4, Inflammation Score:-3, Nutrition Score:9.6613043546677%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 214.21kcal (10.71%), Fat: 10.05g (15.46%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.46g (2.71%), Sugar: 6.3g (7%), Cholesterol: 48.76mg (16.25%), Sodium: 565.28mg (24.58%), Alcohol: 0.81g (100%), Alcohol %: 0.68% (100%), Protein: 21.34g (42.67%), Selenium: 37.77µg (53.96%), Phosphorus: 245.66mg (24.57%), Vitamin B12: 1.03µg (17.2%), Vitamin K: 17.71µg (16.87%), Vitamin B6: 0.31mg (15.25%), Potassium: 517.21mg (14.78%), Vitamin B3: 2.75mg (13.74%), Magnesium: 42.81mg (10.7%), Vitamin E: 1.19mg (7.96%), Vitamin D: 1.02µg (6.8%), Vitamin B1: 0.1mg (6.35%), Vitamin B2: 0.09mg (5.5%), Iron: 0.8mg (4.43%), Manganese: 0.08mg (4.03%), Zinc: 0.59mg (3.92%), Folate: 12.63µg (3.16%), Copper: 0.06mg (2.88%), Vitamin C: 2.13mg (2.58%), Calcium: 24.89mg (2.49%), Vitamin B5: 0.22mg (2.19%), Vitamin A: 87.42IU (1.75%), Fiber: 0.27g (1.1%)