

SEMED POMFRET BASS IN BLACK BEAN SAUCE

INGREDIENTS

Sea bass or Pomfret fillet	150gm
cornflour	10gm
eggs	10gm
sesame oil	5gm
cooking oil	10gm
garlic	10gm
ginger	10gm
black bean	15gm
oyster sauce	5gm
aromatic powder	5gm
white pepper	5gm
spring onion	10gm
bell pepper	10gm

METHOD

Cut sea bass / pomfret into mini fillet, marinated with seasoning. And put in the steamer for cook till 10min. And heat a wok put the mention above all ingredients and season with aromatic powder, pepper, and soya cook well. Put on top ready to fish. Serve in the plate.

NUTRITION FACTS

Kcals	232
Fat	14.7g
Protein	18.8g
Carbs	6.2g



RECIPE COURTESY:
RENAISSANCE CONVENTION CENTRE,
MUMBAI