

Ginger-Cilantro Fish Fillets

Originally posted at <http://cookandcount.wordpress.com/2017/09/28/ginger-cilantro-fish-fillets>

The ginger-cilantro sauce provides terrific flavor in this low-carb fish dish.

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Makes 4 servings

- 1 1/2 lb. light fish fillets (I used whiting, but tilapia, flounder, pollock or cod fillets will all work)
- Kosher salt and freshly-ground black pepper to taste
- 6 garlic cloves, peeled and smashed
- 1 tbl freshly-ground gingerroot (or 1 tsp ground ginger)
- 1/2 cup chopped fresh cilantro
- 1/4 cup white wine
- 2 TBL soy sauce
- 1 tsp sesame oil

Preheat oven to 425°F. Pat fish fillets dry, then season lightly with salt and pepper.

Brush a bit of olive oil on the bottom of a 9X13 glass baking dish. Place fish in baking dish.

Using a small food processor (I used a [Magic Bullet](#) for this), blend garlic, ginger, half the cilantro, wine, soy sauce and sesame oil. Pour sauce over fish.

Bake 10 minutes or until the fish flakes easily and is cooled through.

Garnish with remaining cilantro and serve immediately.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per	203 g	Total Fat 4.1g	6%	Total Carbohydrates 3g	1%
1 serving (7.1 oz)		Saturated 1.2g	6%	Dietary Fiber 0g	1%
Calories 188		Trans Fat 0g		Sugars 0g	
From fat 37		Cholesterol 85mg	28%	Protein 35g	70%
		Sodium 705mg	29%		
		Calcium 3%	Iron 6%	Vitamin A 3%	Vitamin C 3%

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* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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