



# Albert R Fitness Solutions

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Serves: 4

## Asian Fish with Shitake Mushrooms



### Details

Serves :	4
Total Preparation Time :	Up to 20 minutes.
Region :	Australian
Gluten Free:	Yes
Vegetarian:	No
Dairy Free:	Yes
White Meat Only:	Yes
No Seafood:	No

### Nutritional details per serve

Calories:	1311
Fat:	7.1
Protein:	32.9
Carbohydrates:	33.0
Fibre	1.7

### Instructions :

1. Pre-heat an oven to 200c.
2. Finely slice the spring onion and add to a small bowl along with the black bean sauce, ginger, chilli, tamari sauce and garlic; combine.
3. Lightly spray a sheet of tin foil, large enough to encase the basa fillet, with cooking oil spray and place the basa fillet in the centre.
4. Pour half of the dressing mixture over the basa fillet and fold the edges of the foil into the centre to form a 'case'. Place in the centre of the oven and cook for 10-15 minutes.
5. Meanwhile, rinse the mushrooms and then cook on a lightly oiled heated flat grill plate until tender; approximately 5 minutes.
6. Prepare the rice according to the packet directions.
7. Transfer the cooked fish, mushrooms and rice to a serving plate and drizzle the remaining dressing over the cooked mushrooms.
8. Garnish with the remaining spring onion.

Quantity	Ingredients	Suggested Brand
40	black bean stir fry sauce	average all brands
2 tsp	garlic, minced	average all brands
4	spring onions (approx 15g each)	Average, all brands
4 pinch	chilli flakes	Average, all brands
800 g	mushrooms, shitake	Average, All Brands
600 g	basa freshwater fillets	Average, all brands
8 spray	cooking oil spray	Average, all brands
60 mls	tamari (wheat-free soy sauce)	average all brands
20 mls	lemon juice, bottled	average all brands
320 g	rice, brown basmati, 2-minute microwave	Average, all brands
4 tsp	bottled ginger, crushed	Average, all brands