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Healthy Recipe : Fish Balls

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<h1 style="text-align: left;"> </h1>

<div style="text-align: left; line-height: 1.5;">Fish Balls are dishes popular in southern China, Hong Kong, Macau, Iceland, and Taiwan. I chose the recipe owing to its richness in protein, vitamins, and minerals. It is very nutrient-dense and can be practiced easily at home.</div>

<div style="text-align: left; line-height: 1.5;">Fish Balls</div>

<h3 style="text-align: left;">Ingredient:</h3>

<li style="text-align: left; line-height: 1.5;">1 lb. white fish

<li style="text-align: left; line-height: 1.5;">1 egg

<li style="text-align: left; line-height: 1.5;">3 oz. (2/3 cup) cornflour (cornstarch)

<li style="text-align: left; line-height: 1.5;">¼ pint (5/8 cup) fish stock

<li style="text-align: left; line-height: 1.5;">1 tablespoon lemon juice

<li style="text-align: left; line-height: 1.5;">1 tablespoon oil

<li style="text-align: left; line-height: 1.5;">2 spring onions

<li style="text-align: left; line-height: 1.5;">1 clove garlic

<div style="text-align: center;">You may like: Vitamin K, Uses and Health Benefit</div>

<div style="text-align: left;">Instruction</div>

<li style="text-align: left; line-height: 1.5;">Skin and bone the fish; chop the flesh finely

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; line-height: 107%; font-

family: roboto;">Beat the egg and add to the fish with the cornflour (cornstarch)

- Beat well until smooth and evenly blended
- Put the fish stock, lemon juice, and oil in a shallow pan, and bring to a boil.
- Chop the spring onions (scallions) and crush the garlic, add to the stock, and bring back to the boil.
- Shape the fish mixture into small balls, each the size of a pigeon's egg.

Lower the fish balls, a few at a time, into the stock, and cook gently for about 5 minutes. Lift out and drain.

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Medical Abbreviations