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Healthy Recipe : Fish Balls

<h1 style="text-align: center;">&nbsp;</h1>

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<h1 style="text-align: left;"><span style="font-family: Times New Roman, serif;"><span style="font-size: 16px;"><strong>&nbsp;</strong></span></span></h1>

<div style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">Fish Balls are dish popular in southern China, Hong Kong, Macau, Iceland and Taiwan. I choose the recipe owing to it richness in protein, vitamins and minerals. It is very nutrient dense and can be practice easily at home.</span></div>

<div style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">Fish Balls</span></div>

<h3 style="text-align: left;"><span style="font-size: 12.0pt; line-height: 107%; font-family: 'Times New Roman', serif;"><strong>Ingredient:</strong></span></h3>

<ul>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">1 lb. white fish</span></li>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">1 egg</span></li>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">3 oz. (2/3 cup) cornflour (cornstarch)</span></li>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">&frac14; pint (5/8 cup) fish stock</span></li>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">1 tablespoon lemon juice</span></li>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">1 tablespoon oil</span></li>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">2 spring onions</span></li>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">1 clove garlic</span></li>

</ul>

<div style="text-align: center;">You may like :&nbsp;<a href="https://bit.ly/2Vs3kKK" target="\_blank" rel="noopener">Vitamin K, Uses and Health Benefit</a></div>

<div style="text-align: left;"><span style="font-size: 12.0pt; line-height: 107%; font-family: 'Times New Roman', serif;"><strong>Instruction</strong></span></div>

<ol>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;">Skin and bone the fish; chop the flesh finely</span></li>

<li style="text-align: left; line-height: 1.5;"><span style="font-size: 18pt; line-height: 107%; font-

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

- <span style="font-size: 18pt; line-height: 107%; font-family: roboto;">Beat well until smooth and evenly blended
- <span style="font-size: 18pt; line-height: 107%; font-family: roboto;">Put the fish stock, lemon juice and oil in a shallow pan, bring to the boil.
- <span style="font-size: 18pt; line-height: 107%; font-family: roboto;">Chop the spring onions (scallions) and crush the garlic, add to the stock, bring back to the boil.
- <span style="font-size: 18pt; line-height: 107%; font-family: roboto;">Shape the fish mixture into small balls, each the size of a pigeon's egg.

<span style="font-size: 18pt; line-height: 107%; font-family: roboto;">Lower the fish balls, a few at time, into the stock, and cook gently for about 5 minutes. Lift out and drain.

<span style="font-size: 12.0pt; line-height: 107%; font-family: 'Times New Roman', serif;">

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