



NATIONAL
KIDNEY
FOUNDATION
MALAYSIA

Sweet Sour Fish

3 servings

INGREDIENTS

- 234g Halibut Fish Fillet (or any favorite fish type)
- 3 tbs Red Capsicum Puree (recipe below)
- ¼ cup White Vinegar
- 3 tbs Brown Sugar
- ½ cup Pineapple Chunks
- 2 tbs Corn Flour, use separately
- 1 whole medium onion, diced
- 1 tbs minced ginger
- 1 tbs Vegetable oil



RED CAPSICUM PUREE

- Preheat oven to 230 degrees. Place 1 whole medium size red capsicum on the baking tray and bake in oven for 15-20 minutes.
- Remove from oven and cover it with a container. Set aside. After 10 minutes, peel off the skin and blend it using food processor until smooth.

METHOD

- Cut the fish fillet into slices. Combine fish slices with 1 tablespoon corn flour in a bowl and mix well to coat evenly.
- In another bowl, combine ½ cup of water, 1 tablespoon corn flour, 3 tablespoons capsicum puree, vinegar, brown sugar; mix well and put aside.
- Heat a non-stick pan over medium-high heat. Add vegetable oil and swirl to coat. Add fish slices and cook until half-cooked. Add diced onion, ginger and sauté 1 to 2 minutes. Put in pineapple. Last step, stir in the sauce and cook, let it boil for 30 seconds.
- Remove from heat, garnish with red chillies and green onions. Serve hot with rice.

NUTRITION FACT

Energy (kcal)	267
Protein (g)	16.4
Carbohydrate (g)	35.3
Fat (g)	6.6
Saturated Fat (g)	0.8
Fibre (g)	2.5
Sodium (mg)	58
Phosphorus (mg)	235
Potassium (mg)	266



03-79549048

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