

Sesame Snapper with Stir Fried Kale Cabbage Blend

Servings

4

Calories

610

Prep Time

10 minutes

Total Time

35 minutes

Skill Level

Medium

Ingredients

- 2 pounds yellowtail snapper
- 1 tablespoon black sesame seeds
- 1 tablespoon white sesame seeds
- 3 tablespoons teriyaki sauce
- 3 tablespoons honey
- ¼ cup canola oil
- 1 (2 pound) bag Mann's Kale Cabbage Blend
- ⅓ cup soy sauce
- 2 tablespoons turbinado sugar
- 2 tablespoons toasted sesame oil
- Salt and pepper to taste



The Method

Preheat oven to 350°F.

In a mixing bowl, combine teriyaki sauce and honey and mix well.

Cut the fish into 8-ounce portions. Dip each filet into the bowl with the sauce mixture and coat evenly on all sides. Lay each filet flat on a lined baking sheet, pour any remaining sauce over the top and sprinkle with the white and black sesame seeds. Bake for 15 – 20 minutes.

While the fish is in the oven, add canola oil to a sauté pan over high heat. When it's hot, add the Kale Cabbage Blend, soy sauce and sugar. Cook on high heat for about 2 minutes and in the end add the sesame oil.

Serve the vegetables with the fish and add some of the sauce from the vegetables if desired.

Nutrition Facts

Serving Size: 483g | Servings: 4

Amount Per Serving

Calories 610 | Total Fat 27g (sat 2.5g trans 0g) | Cholesterol 80mg | Sodium 1620mg | Total Carbohydrate 43g | Dietary Fiber 8g | Sugars 29g (Includes 20g Added Sugars) | Protein 54g | Vitamin D 0% | Calcium 15% | Iron 15% | Potassium 35%