



Serves: 4

Sliced Fresh Fish Soup with Vegetable

Ingredients

- Fresh fish (any type , as desired), sliced 200g
- Baby romaine lettuce, cut thinly 100g
- White sesame seed 5g
- Chicken Stock Concentrate 4 tsp
- Water 4 cups
- Salt & pepper, to taste

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of seasonings used in cooking.
- Oily fish (e.g. salmon, sardines and mackerel) contain omega-3 fatty acids which helps prevent heart disease and stroke.
- Select low-salt soup stocks or prepare homemade soup stocks using fresh ingredients, herbs and spices.

Method

- Add chicken stock concentrate to water. Heat until boiling.
- Put fresh fish, baby romaine lettuce and white sesame seed in large serving bowl.
- Quickly pour boiling stock over ingredients in bowl. The ingredients should be cooked immediately.
- Serve hot.

Nutrition Information (Per Serving):

Energy (1 kcal = 4.2kJ) 59kcal
Protein 7.5g
Total fat (g and % of total calories)
2.4g (36.1%)
Saturated fat 0.1g
Cholesterol 16mg
Carbohydrate 2.2g
Dietary Fibre 0.7g
Sodium 598mg