

Cod fish Salad Recipe and Nutrition

Yield	200	grams	Prep	15 minutes
Portion	200	grams	Cook	5 minutes
Num Portions	1		Finish	5 minutes
			Shelf	3 days

Ingredients

80	grams	Veggie Fish Chunks
1	ea	Orange remove filets after zesting
1	ea	Lime remove filets after zesting
30	grams	Sugar snap peas tip and tail
10	grams	Red bell pepper
15	grams	Bean sprouts washed
30	grams	Soy feta cheese cubed .75inch
2	grams	Lemon zest
2	grams	Orange zest
10	milliliters	Marukan rice vinegar
15	milliliters	Oleic safflower oil
5	milliliters	Sesame 1.8L O103 oil
1	g	Fresh cilantro chopped fine
1	g	Ground white pepper
15	grams	Mango puree

Method:

1. Remove zest from orange and lime firstly. Can keep in a bowl together.
2. Remove filet segment from lemon and orange and keep aside.
3. Cut red pepper into thin julienne strips
4. Quickly blanch sugar peas in boiling salted water for maximum 30 seconds. Cool quickly in ice water. Slice on angle 1/4inch thick.
5. Cut soy cheese into cubes.
6. Place zest, pepper, cilantro, mango puree and vinegar in a bowl and whisk together.
7. Slowly and oils to emulsify dressing. Do not pour too quickly.
8. Toss soy fish chunks, peas and sprouts into dressing.
9. Arrange decoratively on plate.
10. Finish decor with red pepper julienne, orange and lime segments.

Enjoy

Nutrition Facts	
Serving Size 200g	
Servings Per Container 1	
Amount Per Serving	
Calories 560	Calories From Fat 320
% Daily Value	
Total Fat 36g	55%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 110mg	5%
Total Carbohydrate 43g	14%
Dietary Fiber 9g	41%
Sugars 19g	
Protein 19g	
Vitamin A 25%	Vitamin C 280%
Calcium 15%	Iron 40%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrient Descriptors

- Cholesterol Free
- Good Source of Calcium
- Good Source of Carbohydrates
- Good Source of Potassium
- High in Fiber
- High in Iron
- High in Protein
- High in Vitamin A
- High in Vitamin C
- Low Sodium