

Orange-Infused Basa Fillets



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Makes 4 Servings

What You Need

Basa is a tasty fish with a delicate texture and meaty flesh.

2 large basa fillets (approx. 500g)
½ cup water
4 large oranges cut into thin slices
salt and pepper (to taste)

Per Serving

112 calories
Fat: 5g
Protein: 16g
Carbohydrates: 0g

How You Prepare

Completely cover the bottom of a large frying pan with orange slices. Pour water into pan and bring to a boil. Place thawed basa fillets on top of orange slices. Cover pan and let cook on medium heat for approximately 5-8 minutes or until the basa fillets are completely cooked throughout. Serve immediately and sprinkle with salt and pepper to taste.