

## **POACHED FISH FILETS WITH ORANGE SAUCE**

Source: **BETTER HOMES & GARDENS Great Cooking For 2**

Cook/Prep Time: 20 minutes

### **INGREDIENTS:**

2 4-oz fresh or frozen skinless Orange Roughy OR cod filets (about 1/2" thick)  
1/2 C orange juice  
1/2 tsp grated gingerroot OR 1/8 tsp ground ginger  
1 TBS water  
1 tsp cornstarch  
1 TBS thinly sliced green onion OR snipped chives

### **DIRECTIONS:**

Thaw fish, if frozen - in medium skillet, stir together orange juice & ginger(root) - bring mixture just to boiling - carefully add fish - return just to boiling - reduce heat - cover/simmer 4-6 minutes or just till fish begins to flake easily - transfer to individual plates - cover fish to keep warm.

Meanwhile, for sauce: pour cooking liquid in skillet through strainer - return strained liquid to skillet - stir together water & cornstarch - stir into liquid in skillet - cook/stir till thickened & bubbly - cook/stir 1 more minute.

To serve, spoon sauce over fish - sprinkle with green onions or chives.

Serves: 2

[per serving: calories: 177; protein: 18g; carbohydrates: 8g; total fat: 8g; saturated fat: 0g; cholesterol: 23mg; sodium: 73mg; potassium: 143mg]