



NUTRITION CONSULTING INC.

## Orange-Infused Basa Fillets

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

**Makes 4 servings**

### What you need:

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



### 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.

### Per Serving:

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

It's your **health.**



**Take a stand.**

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