

Steamed fish with scallion, ginger and Asian vegetables

By: TomahawKitchen

Ingredients:

2 fish filets, about 120g each (e.g. most white fish will do, e.g. seabass, snapper, cod, flounder)*

Bok Choy 4 (or other Asian vegetable such as Choy Sum or napa cabbage)

8-10 Scallion

Cilantro

Ginger

Vegetable oil 2 TBSP

Light soy sauce 2 TBSP

Dark soy sauce 0.5 TBSP

Chinese cooking wine 0.5 TBSP

Water 1 TSBP

Sugar 0.5 tsp

Salt 0.5 tsp

*If you prefer a whole fish, red tilapia, sea bass and red snapper are good choices

Method:

1. Slice the scallion lengthwise into long, thin strips. Place the strips in a bowl of cold water and soak until ready to serve. (Strips will curl up) Chop the red chili and set aside for garnish. Peel ginger and cut them into thin strips.
2. Use a large, wide and deep pan or wok with a tight-fitting lid, ideally glass so you can observe the cooking. Fold and scrunch a piece of foil into a long snake, then coil the shape to form a trivet. Place in the bottom of the pan.
3. Place fish filets onto a plate and top with ginger strips.
4. Pour water into the pan and turn the heat on high. Once water starts boiling, place the plate of fish on top of the foil trivet in the pan and put the lid on. Steam for 10-12 minutes, until the fish is cooked.
5. Make the sauce by mixing light soy sauce, dark soy sauce, Chinese cooking wine, water, sugar and salt. Taste to adjust.
6. Blanch the Bok Choy for 1 minute.
7. Carefully remove the plate once the fish is cooked. Pour out excessive water from the plate. Place the Bok Choy on the side. Place scallion strips on top, red chili and cilantro on top
8. Heat up the vegetable oil in a small sauce pan and pour the hot oil onto the fish. Add the sauce.
9. Serve with white rice

Nutrition:
The recipe makes 4 servings.

Nutrition Facts

Servings: 4

Amount per serving

Calories **257**

% Daily Value*

Total Fat 9.6g **12%**

Saturated Fat 1.1g **5%**

Cholesterol 27mg **9%**

Sodium 276mg **12%**

Total Carbohydrate 29.5g **11%**

Dietary Fiber 7.3g **26%**

Total Sugars 5.3g

Protein 16.3g

Vitamin D 0mcg **0%**

Calcium 151mg **12%**

Iron 5mg **30%**

Potassium 856mg **18%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**