

Steamed Fish w/ Ginger & Lemongrass

Serves 4-6



INGREDIENTS

- 4 white fish fillets
- 2 teaspoons vegetable oil
- 1 teaspoon of minced ginger
- 1 teaspoon of lemongrass paste
- 4 spring onions

SOY GARLIC SAUCE

- 60mls (1/4 cup) soy sauce
- 1 tablespoon peanut oil
- 1 & 1/2 teaspoons fish sauce
- 1 teaspoon of crushed garlic

EQUIPMENT

- Sharp knives, Chopping boards, Mixing bowls, Saucepan/Wok, Steaming Basket, Plate

METHOD

1. Put approx. 5cm of water into the saucepan/wok that you are using to steam the fish and bring it to the boil.
2. While you're waiting, rub both sides of the fish with a little salt and then the sesame oil.
3. Mix the ginger & lemongrass & rub half the mix onto the plate. This plate will be put in the steaming basket to cook the fish.
4. Place the fish on the plate then sprinkle it with the remaining ginger, lemongrass mix and spring onions.
5. Place the plate of fish in the steaming basket, then sit the basket on the saucepan/wok.
6. Reduce the heat to medium-high so the water is boiling gently.
7. Steam for 8-10 minutes, or until the fish is just cooked through, and remove the basket from the saucepan/wok. When you serve the fish, spoon over the juice that has collected on the plate during the steaming process along with the soy garlic sauce.



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