

Steamed fish with garlic & ginger

Serves: 4

Prep time: 10 mins

Cooking time: 15 mins



Ingredients

- 4 small white fish fillets
- 2 tbsp reduced-salt soy sauce*
- 1 tbsp ginger, finely sliced or grated
- 2 cloves garlic, finely sliced
- 1 tbsp olive oil
- 1 bunch bok choy, leaves separated and halved lengthwise
- 1 bunch broccolini, ends trimmed and halved lengthwise

Step 1: Line a large steamer basket with baking paper. Place fish in a single layer on top of the baking paper.

Step 2: Mix soy sauce, ginger and garlic in a small jug or bowl.

Step 3: Pour the sauce over the fish and steam for 8-10 minutes or until fish is just cooked through (thicker fillets may need a little longer). Carefully remove fish from steamer basket, reserving any remaining sauce.

Step 4: Meanwhile, heat oil in a wok or large frying pan over medium-high heat. Add bok choy and broccolini and cook, stirring occasionally, for 3-4 minutes until vegetables are soft.

Step 5: Divide stir-fried vegetables between plates, top with fish and spoon over sauce.

Serving suggestion: serve with brown rice and lemon wedges.

For this recipe and more visit:
healthymadetasty.com.au



Cancer Council
Healthy Made Tasty