



STEAMED FISH WITH LEMON



Ingredients

- 4 white fish fillets or steaks - cod, mahi-mahi, halibut, etc.
- few cups of water for steaming (depends on your pot size)
- 1/4 cup green onion, chopped
- 1/4 cup grated ginger
- zest of 1 lemon
- 2 tbsp oil
- 1/4 cup minced garlic
- 4 tbsp soy sauce
- 2 tbsp lemon juice
- 1/4 cup fresh chopped parsley



Instructions

Servings
4

Prep Time
10 mins

Total Time
30 mins

1. Prepare the ingredients: Mince the garlic, grate the ginger, chop the herbs, zest and juice the lemon.
2. Fill a saucepan /double boiler with water - enough water that it won't boil dry, but not so much that it might touch the fish. Place a steaming platform on top. If using a double boiler, lightly oil the steamer basket. For bamboo steamers, add baking parchment before adding the fish.
3. Place the fish on the steaming platform. Top with grated ginger, green onions, and lemon zest, then cover with a lid.
4. Over high heat, bring the water to a boil. Steam the fish for 4-10 minutes, depending on its thickness. For frozen fish, steam an extra 10-15 minutes.
5. In a small saucepan, heat the oil and garlic over high heat. Once simmering, reduce the heat to medium and sauté the garlic for 1-2 minutes. Add the soy sauce and lemon juice, then stir. Reduce the heat to low; keep the sauce warm until the fish is cooked (opaque white and flakes easily).
6. Serve the fish drizzled with the warm sauce. Top with fresh parsley, salt, and pepper if desired.