Steamed Fish with Ginger, Chilli & Shallots

- 4 fish fillet portions

 (e.g. Ling, Blue-eye Trevalla, Snapper, Barramundi, Coral Trout etc.)
- 5cm piece of ginger, cut into fine matchsticks
- 3-4 shallots, sliced
- 1-2 red chilli, finely sliced
- 4 tablespoons soy sauce

- 3 tablespoons Chinese (Shaoxing) rice wine (alternately use dry sherry)
- 1 teaspoon sesame oil
- 2 bunches bok choy, washed and quartered
- Steamed long grain white rice

- Place fish portions on a plate and top with ginger. Pour soy sauce, Chinese rice wine and sesame oil over fish.
- Place plate in a steamer and steam fish until just cooked. Remove fish from plate and reserve sauce.
- Cook bok choy for 2-3 minutes in a fry pan with some water, drain and set aside.
- Serve fish on bok choy and top with shallots and chilli, Spoon sauce over fish and serve with rice.



www.oceanwatch.org.au

Healthy catchments and healthy oceans for sustainable, quality Australian seafood

