

Steamed Fish with Asian Aromatics

a flavourful dish with a ginger kick



This dish combines the delicate flavours of fish with the bright, zesty pop of fresh ginger and garlic, served with tender steamed vegetables. It's a light and healthy meal, perfect for quick weeknight dinners.

Prep Time: 5 minutes. Cook Time: 10-12 minutes.

Ingredients:

- 100g hake fillet
- 40g bok choy, chopped
- 40g broccoli florets
- 40g baby marrow (zucchini)
- 20g onion, chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tsp lemon juice
- Optional: shredded cabbage, cauliflower florets, chilli for heat

Method:

1. Lay a large piece of foil on the counter.
2. Place the chopped bok choy, broccoli florets, baby marrow, and onions in the center of the foil as a base.
3. Lay the hake fillet on top of the vegetables and sprinkle with minced garlic and ginger.
4. Drizzle the lemon juice over the fish, then fold the edges of the foil up and over, sealing tightly to trap in steam.
5. Place the foil parcel in the oven or air fryer at 180°C for 10-12 minutes until the fish is fully cooked and flakes easily with a fork, and the vegetables are tender but still crisp.
6. Open the foil parcel carefully (watch for hot steam!). Drizzle with an extra splash of lemon juice.
7. For extra spice, sprinkle with chilli flakes or add fresh chopped chilli.

Chef's Tip

Customizable Veggies & Spice

- Extra /Different Veggies: Shredded cabbage or cauliflower florets to the vegetable base.
- Chilli for Heat: If you like it spicy, add fresh chopped chilli or a pinch of chilli flakes for extra heat.
- Meal Prep: Prepare foil parcels ahead of time and store in the fridge or freezer for a quick meal solution. When cooking from frozen, add 10 minutes to the cooking time.