

RECIPE

Steamed Fish with Vegetables



Prep Time **10 minutes**

Cook Time **20 minutes**

Ingredients

- Fish (1 whole or 3-4 Fillets)
- Chopped Cabbage (½ head)
- Shitake Mushrooms (½ pint)
- Diced Tomato (1 large)
- Ginger (to taste)
- Minced Garlic (to taste)
- Chopped Cilantro (1 cup)
- Sesame Oil
- Oyster Sauce
- Soy Sauce
- Salt
- Black pepper

Cooking tools:

- Baking Dish
- Wok/deep pots/ lid (baking dish must fit inside with lid on)
- Cooking tray (must fit into wok)

Preparation

1. **Preparing the fish:** Rub salt, pepper, and garlic into fish
2. **Preparing the Baking Dish:** Line the baking dish with chopped cabbage. Layer on top the mushroom, tomato, ginger and garlic
3. Lay fish on top of vegetables. Pour on sesame oil, oyster sauce, and soy sauce. Top with cilantro
4. **Cooking the fish:** Place the cooking tray in wok/deep pot and fill with water to cover top of tray. Bring to a boil and place dish on top of tray. Cover and let steam for 20-25 min.
5. **Finishing up:** Remove tray and serve. Can eat over rice or on its own.

Tips

You can use any whole fish or fillet, recommend sea bass or salmon.

If you don't have cooking tray, can place directly on pot, but be careful not to burn the dish

Watch for water level, if it's drying out, add more water and monitor

Get creative with your fish seasonings, try something new and tell us about it!

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