

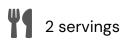




# **Cantonese Steamed Fish**

White fish fillets steamed and served over sushi rice with a rainbow of fresh vegetables, Cantonese-style sauce and slices of fresh red chilli.







# Switch it up!

No steam basket? No worries! Pan-fry the fish fillets or wrap and bake them in paper parcels instead of steaming.

#### FROM YOUR BOX

SUSHI RICE	150g
SPRING ONIONS	1 bunch
RED CHILLI	1
CARROT	1
SNOW PEA SPROUTS	1 packet
WHITE FISH FILLETS	1 packet
GINGER	1 piece
HOISIN SAUCE	1 tub

#### FROM YOUR PANTRY

sesame oil, salt

#### **KEY UTENSILS**

frypan, 2 saucepans, steam basket

#### **NOTES**

For seasoned sushi rice, add 1/4 cup rice wine vinegar and 1 tbsp sugar to cooked rice. Use a wooden spoon to break up any lumps in the rice and mix in the seasoning.

Remove seeds from chilli for a milder heat.





## 1. COOK THE RICE

Rinse **sushi rice.** Place in a saucepan with **325ml water.** Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed (see notes).



#### 2. PREPARE THE VEGETABLES

Fill a saucepan **half full of water** and bring to a boil (for steaming).

Thinly slice **spring onions** (reserve green tops for garnish) and **red chilli** (see notes). Julienne or thinly slice **carrot**. Set aside with **snow pea sprouts**.



#### 3. STEAM THE FISH

Coat fish fillets with 2 tsp sesame oil and salt. Add to a lined steam basket. Place steam basket over boiling water. Cover and cook for 4–5 minutes until fish is cooked through.



## 4. PREPARE THE SAUCE

Heat a small frypan over medium-high heat with **sesame oil**. Peel and grate **ginger**. Add to pan as you go along with **spring onions**. Cook for 3 minutes. Add **hoisin sauce** and **1/3 cup water**. Cook for a further minute to warm.



# 5. FINISH AND SERVE

Divide rice among shallow bowls. Add fish fillets and spoon over sauce. Top with fresh vegetables. Garnish with spring onion green tops and red chilli.





