Steamed Sea Bass with Spring Onion and Ginger Dressing

Traditionally, Chinese people prefer whole fish to fillets. This recipe is simpler to eat and there's no need to worry about bones. Other fish that can be used as a variation include turbot and halibut. Chinese people often combine delicate fish dishes with other equally subtle flavours, so try this with White-cut Chicken (see page 75) and stir-fried vegetables for a low-fat meal.

INGREDIENTS *4 x 175 g (6 oz) sea bass fillets • 1 tablespoon rapeseed oil • 4 spring onions, finely shredded • 4 slices fresh ginger, peeled and finely shredded • 2 tablespoons Fish Stock (see page 19) • 2 teaspoons shoyu or tamari sauce • 2 teaspoons Chinese rice wine or dry sherry*

ONE Half-fill a wok with water, place a metal or wooden rack in the wok and bring the water to the boil over a high heat.

TWO Meanwhile, put the sea bass fillets on a shallow plate and put it on the rack as soon as the water has boiled. Cover the wok and steam the sea bass over a high heat for 7–8 minutes.

THREE To prepare the sauce, heat the oil in a small saucepan over a medium heat. Add the spring onions and ginger and stir-fry for a few seconds, then add the stock, shoyu sauce and rice wine. Stir and cook for a few more seconds then remove the pan from the heat.

FOUR Remove the steamed fillets from the wok and pour the warm dressing over them. Serve immediately.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER SERVING 874 kJ – 208 kcal – 34.2 g protein – 0.9 g carbohydrate – 0.4 g sugars – 7.2 g fat – 0.9 g saturates – 0.2 g fibre – 205 mg sodium

HEALTHY TIP Steaming is a convenient and delicious way of cooking food without adding oil. Foods are cooked gently and evenly because the heat doesn't rise above boiling point.

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