



Asian-Style Steamed Snapper with Baby Bok Choy

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 baby bok choy halved lengthwise
- 2 tablespoons butter
- 4 sprigs cilantro leaves plus more for garnish
- 4 servings jasmine rice cooked
- 2 cloves garlic thinly sliced
- 1 tablespoon ginger chopped
- 3 inch ginger sliced

- 0.5 jalapeño thinly sliced
- 1 jalapeño cut into large pieces
- 1 lemon zest
- 4 kafir lime leaves
- 1 lime zest
- 4 large cabbage leaves
- 2 tablespoons vegetable oil; peanut oil preferred
- 4 servings salt
- 4 servings salt and pepper black freshly ground
- 2 scallions white green thinly sliced
- 3 scallions
- 16 ounce snapper fillet red
- 0.3 cup soya sauce
- 1 tablespoon sugar
- 1 quart water
- 1 cup white wine

Equipment

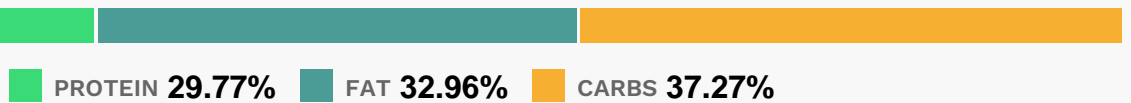
- frying pan
- whisk
- pot
- wok

Directions

- Special equipment: 2-layer bamboo or regular steamer .
- In a shallow pot that a bamboo steamer fits over or in a wok, add the water and bring to a boil. You can also use a traditional steamer that has 2 layers.
- Add the ginger, lime leaves, citrus zest, cilantro, scallions, white wine, jalapeno, and peanut oil. Season well with salt. Bring back to a boil and cook for 10 minutes for the flavors to combine.

- Season the fish with salt and pepper.
- Place the first layer of the bamboo steamer over the pot. Line the steamer with the cabbage leaves, making sure that the surface is not completely covered so the steam can get through.
- Lay the fish, skin-side up, on the cabbage leaves. Cover and steam for 1 minute.
- Place the bok choy on the second layer of the bamboo steamer in 1 layer. Uncover the steamer and place the bok choy layer on top of the fish. Cover and steam for about 5 minutes, or until the fish is just cooked through and the bok choy is tender, but still has some crispness. Check the fish for doneness by gently inserting a fork into it. If the fork slides easily in, the fish is done. If the fork resists sliding in, it is not quite done.
- Remove the fish and bok choy and keep warm while you make the sauce.
- Heat a medium saute pan over medium-high heat.
- Add the peanut oil and heat. When the oil is hot, add the ginger, garlic, and jalapeno and saute until just translucent, about 3 minutes. Do not allow the vegetables to brown.
- Add 4 ounces of the steaming liquid and the soy sauce and boil for 2 minutes. Do not season with salt as the soy sauce is salty.
- Add the sugar and boil for 1 minute, or until the sugar is completely dissolved. Lower the heat and whisk in the butter.
- Add the scallion whites, stir, and remove from the heat.
- Place some jasmine rice on a platter. Top with the steamed bok choy. Top the bok choy with the snapper, skin-side up. Spoon the sauce over the fish.
- Garnish with the scallion greens and cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:143.77, Glycemic Load:27.55, Inflammation Score:-10, Nutrition Score:32.202173937922%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 7.44mg, Hesperetin: 7.44mg, Hesperetin: 7.44mg, Hesperetin: 7.44mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

0.08mg, Luteolin: 0.08mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.16mg, Quercetin:
3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 445.13kcal (22.26%), Fat: 14.66g (22.56%), Saturated Fat: 5.21g (32.56%), Carbohydrates: 37.3g (12.43%),
Net Carbohydrates: 33.41g (12.15%), Sugar: 7.02g (7.79%), Cholesterol: 57.01mg (19%), Sodium: 1254.88mg
(54.56%), Alcohol: 6.18g (100%), Alcohol %: 1.02% (100%), Protein: 29.79g (59.59%), Vitamin A: 8292.83IU
(165.86%), Vitamin C: 102.92mg (124.76%), Vitamin D: 11.57µg (77.11%), Selenium: 50.15µg (71.64%), Vitamin B12:
3.41µg (56.9%), Vitamin K: 52.11µg (49.63%), Vitamin B6: 0.73mg (36.28%), Manganese: 0.68mg (33.89%),
Phosphorus: 313.96mg (31.4%), Calcium: 294.16mg (29.42%), Potassium: 764.16mg (21.83%), Vitamin E: 2.8mg
(18.68%), Magnesium: 72.87mg (18.22%), Fiber: 3.89g (15.55%), Iron: 2.65mg (14.71%), Vitamin B5: 1.38mg (13.83%),
Folate: 48.34µg (12.09%), Copper: 0.21mg (10.51%), Vitamin B3: 1.66mg (8.32%), Zinc: 1.17mg (7.78%), Vitamin B1:
0.11mg (7.58%), Vitamin B2: 0.09mg (5.28%)