



WHATSheATE



HEALTH SCORE

61%

## Steamed Fish on Soft Tofu with Black-bean Sauce



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon black bean garlic sauce chinese (see Notes)
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon ginger fresh peeled
- ☐ 2 spring onion cut in 2-in.-long slivers
- ☐ 1 tablespoon rice wine dry (also called Shaohsing wine)
- ☐ 1 pound salmon fillet thick
- ☐ 1 tablespoon sesame oil

- ☐ 2 teaspoons soya sauce
- ☐ 2 teaspoons soya sauce mixed dark with 1/2 tsp. molasses (see Notes)
- ☐ 0.3 teaspoon sugar
- ☐ 18 oz water-packed tuna soft (see Notes)

## Equipment

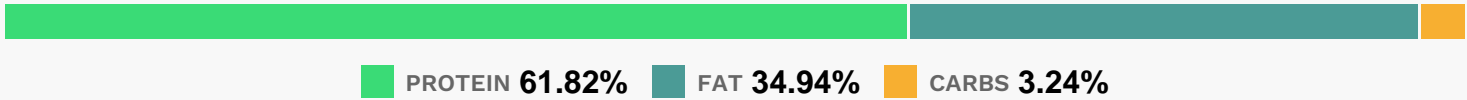
- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ spatula
- ☐ tongs
- ☐ pie form
- ☐ pot holder

## Directions

- ☐ Drain tofu and gently invert onto a thick layer of towels on a flat surface. Pat dry and let drain about 5 minutes.
- ☐ Meanwhile, make marinade: In a medium bowl, combine black-bean garlic sauce, Shaoxing rice wine, sesame oil, soy sauce, dark soy sauce, garlic, and sugar. Set aside.
- ☐ Pour 1 to 3 in. water into bottom of a steamer (see "Steaming Setups," below).
- ☐ Place rack at least 1 in. above surface of water. Cover and bring to a boil over high heat.
- ☐ While water is coming to a boil, cut tofu in half lengthwise, then cut each half crosswise into rectangles about 1/2 in. thick.
- ☐ Lay tofu in a single layer in a 9- to 10-in. heat-resistant glass pie pan; save any pieces that don't fit for another use.
- ☐ Rinse fish, pat dry, and cut into pieces about the same size as tofu.
- ☐ Add fish to reserved marinade and mix to coat.
- ☐ Lay fish on tofu and spoon marinade on top.
- ☐ Sprinkle ginger evenly over fish.

- ☐ Set pie pan on rack. Cover and steam until fish in center is barely opaque in thickest part (cut to test), 6 to 8 minutes (fish will continue to cook after you remove it from heat).
- ☐ Turn off heat. Carefully lift pie pan from steamer. If it's difficult to remove, slip a wide spatula under pie pan to lift up, then grasp pie pan with a pot holder (or use two sets of tongs).
- ☐ Sprinkle with green onions.
- ☐ Steaming Setups. All you need is a vessel to hold water, a rack to suspend the food over the water, and a lid to keep the steam in. Here are some possible combinations.
- ☐ Wok and rack: A 14- to 16-in. wok with a domed lid and steamer rack or a round cake rack. Set wok on a ring if it wobbles. Put rack right in wok; the sloped sides will hold the rack over the water. The wide opening makes it relatively easy to remove the cooked dish. Woks run from \$15 to \$150 or more, and are widely available.
- ☐ Bamboo steamer: Chinese stackable bamboo steamer baskets with lids. Set a 10- to 12-in. basket right in a 14- to 16-in. wok (make sure the bottom rim is just covered by water, as the baskets scorch easily; add boiling water as needed).
- ☐ Layer baskets to cook more than one dish. Bamboo steamers are generally \$15 to \$20 and are widely available.
- ☐ Metal steamer: Chinese steamer pan topped with stackable baskets and a domed lid. Choose a 10- to 12-in.-wide steamer for greatest versatility. Stackable baskets can cook several dishes at a time. Metal steamers cost from \$30 to \$35 and may be found at Asian markets.
- ☐ Western-style: A deep, wide pan or kettle with a lid, a round cake rack, and 3 empty cans. Set 2- to 3-in.-tall cans (both ends removed) into pan (or use the removable rim of a cheesecake pan). Top with a round cake rack and place pie pan on it; cover to steam.

## Nutrition Facts



## Properties

Glycemic Index:44.27, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:27.113043489663%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 325.56kcal (16.28%), Fat: 12.03g (18.51%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.95g (1.06%), Cholesterol: 108.3mg (36.1%), Sodium: 665.94mg (28.95%), Alcohol: 0.6g (100%), Alcohol %: 0.29% (100%), Protein: 47.89g (95.79%), Selenium: 128.14µg (183.06%), Vitamin B12: 6.88µg (114.74%), Vitamin B3: 21.86mg (109.28%), Vitamin B6: 1.36mg (68.18%), Phosphorus: 413.56mg (41.36%), Vitamin B2: 0.55mg (32.41%), Potassium: 820.67mg (23.45%), Vitamin B5: 2.11mg (21.11%), Vitamin B1: 0.3mg (20.22%), Iron: 3.37mg (18.74%), Copper: 0.36mg (18.22%), Magnesium: 66.99mg (16.75%), Vitamin K: 13.17µg (12.54%), Zinc: 1.63mg (10.88%), Vitamin D: 1.53µg (10.21%), Folate: 38.59µg (9.65%), Manganese: 0.1mg (4.92%), Calcium: 43.92mg (4.39%), Vitamin A: 177.96IU (3.56%), Vitamin E: 0.51mg (3.39%), Fiber: 0.47g (1.86%), Vitamin C: 1.45mg (1.76%)