



Steamed Scallion Ginger Fish Fillets with Bok Choy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five-spice powder
- ☐ 4 servings stir-fried baby bok choy
- ☐ 1 inch ginger fresh finely julienned
- ☐ 0.5 cup soya sauce light
- ☐ 0.5 cup shaohsing rice wine
- ☐ 8 scallions white green julienned (and parts)
- ☐ 2 pounds sole fillet cut into 8 pieces

- ☐ 2 tablespoons sugar
- ☐ 6 tablespoons vegetable oil

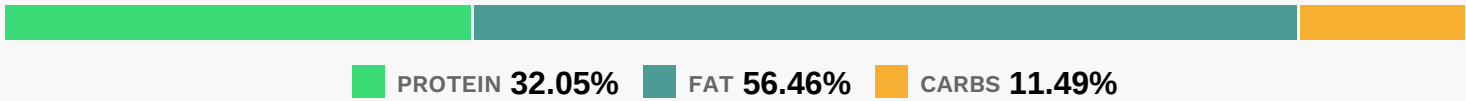
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ steamer basket

Directions

- ☐ In medium bowl, whisk together soy sauce, sugar, rice wine, and five-spice powder.
- ☐ Transfer fish to 2 rimmed plates.
- ☐ Drizzle each piece with 1 tablespoon soy sauce mixture and scatter with julienned ginger. (Set remaining sauce aside for finishing dish.) Cover and refrigerate 15 minutes.
- ☐ Fit large saucepan with flat steamer basket, fill with 1 inch water, and bring to boil over high heat. Reduce heat to low and transfer 1 plate to steamer basket. Cover and steam 4 minutes. Without lifting lid, turn off flame and allow residual heat to finish cooking until fish is just cooked through, about 1 minute more. Carefully remove plate (keep warm in oven). Return water in steamer to boil, transfer second plate to steamer, and steam remaining fish in same manner.
- ☐ While fish is steaming, in small saucepan over moderate heat, heat vegetable oil. Keep warm.
- ☐ Divide fish among 4 plates and top with julienned scallions.
- ☐ Pour splash of hot oil over each dish.
- ☐ Serve immediately with bok choy.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:4.81, Inflammation Score:-6, Nutrition Score:21.155652149864%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 430.69kcal (21.53%), Fat: 24.96g (38.41%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 10.46g (3.8%), Sugar: 7.08g (7.87%), Cholesterol: 102.06mg (34.02%), Sodium: 1809.1mg (78.66%), Alcohol: 4.83g (100%), Alcohol %: 1.8% (100%), Protein: 31.89g (63.78%), Selenium: 61.2µg (87.42%), Vitamin K: 87.42µg (83.26%), Phosphorus: 622.7mg (62.27%), Vitamin B12: 2.56µg (42.71%), Vitamin D: 6.35µg (42.34%), Vitamin E: 3.23mg (21.56%), Vitamin B3: 3.66mg (18.29%), Magnesium: 60.63mg (15.16%), Vitamin B6: 0.3mg (15.05%), Potassium: 512.68mg (14.65%), Manganese: 0.23mg (11.53%), Iron: 1.69mg (9.41%), Folate: 32.16µg (8.04%), Calcium: 76.88mg (7.69%), Vitamin A: 360.18IU (7.2%), Vitamin B2: 0.11mg (6.58%), Zinc: 0.98mg (6.55%), Vitamin C: 5.15mg (6.25%), Copper: 0.11mg (5.69%), Vitamin B5: 0.55mg (5.54%), Vitamin B1: 0.08mg (5.49%), Fiber: 0.97g (3.9%)