



Steamed Sea Bass with Shredded Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ginger shredded peeled
- ☐ 1 teaspoon soy sauce light
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 4 ounces barbequed pulled pork shredded
- ☐ 1 teaspoon rice vinegar white
- ☐ 2 tablespoons rice
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup spring onion finely sliced

- ☐ 1 sea bass fillets whole cleaned
- ☐ 1 tablespoon sesame oil
- ☐ 0.5 teaspoon sugar
- ☐ 1 pinch pepper white

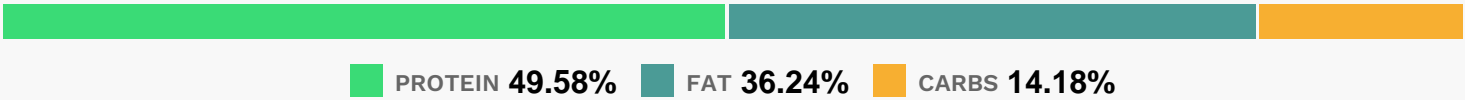
Equipment

- ☐ bowl
- ☐ wok
- ☐ chopsticks

Directions

- ☐ Make sure the fishmonger has removed all of the scales, gills, viscera, and membranes from the fish. Rinse the fish well inside and out, then dry well.
- ☐ Place in a steamproof dish.
- ☐ To make the marinade, in a small bowl, mix together all of the ingredients.
- ☐ Sprinkle the marinade evenly on the inside and outside of the fish.
- ☐ In another small bowl, mix together the pork, sesame oil, soy sauce, and sugar.
- ☐ Sprinkle the mixture over the fish, and let rest for 10 minutes.
- ☐ Prepare a wok for steaming using a cake rack (place a cake rack over boiling water in a wok), place the dish with the fish on the rack, cover, and steam for 12 to 15 minutes, or until a chopstick slides easily into the flesh of the fish.
- ☐ Turn off the heat.
- ☐ Pour the onion oil over the fish and sprinkle with the scallions.
- ☐ Remove the dish from the wok, and serve the fish in its cooking dish.
- ☐ If a metal dish is used for holding the fish as it steams, the steaming time will be reduced by half.
- ☐ From Mastering the Art of Chinese Cooking by Eileen Yin-Fei Lo. Text copyright © 2009 by Eileen Yin-Fei Lo; photographs copyright © 2009 by Susie Cushner. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:60.82, Glycemic Load:4.1, Inflammation Score:-5, Nutrition Score:19.850869494936%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 367.56kcal (18.38%), Fat: 14.4g (22.15%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 12.32g (4.48%), Sugar: 4.87g (5.41%), Cholesterol: 192.19mg (64.06%), Sodium: 555.2mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.33g (88.65%), Vitamin B12: 8.6µg (143.25%), Selenium: 83.33µg (119.04%), Phosphorus: 459.59mg (45.96%), Vitamin B6: 0.7mg (34.98%), Vitamin B3: 4.96mg (24.81%), Magnesium: 95.26mg (23.82%), Vitamin B5: 1.78mg (17.8%), Potassium: 619.56mg (17.7%), Vitamin B1: 0.24mg (15.69%), Iron: 2.36mg (13.13%), Vitamin K: 13.45µg (12.81%), Manganese: 0.14mg (7.15%), Zinc: 1.02mg (6.83%), Folate: 25.5µg (6.38%), Vitamin A: 307.34IU (6.15%), Calcium: 55.66mg (5.57%), Copper: 0.1mg (5.09%), Vitamin B2: 0.08mg (4.69%), Vitamin E: 0.65mg (4.33%), Vitamin C: 1.87mg (2.27%), Fiber: 0.35g (1.41%)