



Serves: 4

Traditional Teochew Steamed Fish

Ingredients

- Fish fillet, 4pcs 400g
- Tomato, thinly sliced with seeds removed 1
- Ginger, thinly sliced 10g
- Chinese mushrooms, thinly sliced 4
- Silken Tofu, thinly sliced 1 pack
- Salted plum 4
- Spring onion, shredded 2
- Coriander leaves 5g
- Thai fish sauce 1 tbsp
- Water 2 tbsp
- Sugar ½ tsp
- Sesame oil 1 tsp
- Salt & pepper, to taste

Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Oily fish (e.g. salmon, cod, sardines and mackerel) contain omega-3 fatty acids which helps prevent heart disease and stroke.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus making them more available for absorption by the body.

Method

- Soak Chinese mushrooms until soft. Remove the stems.
- Blanch in boiling water for 3 minutes and remove immediately. Drain and slice thinly.
- Mix all the ingredients except spring onion and coriander leaves in a bowl.
- Place the mixed ingredients on top of the fillet and steam for about 10-13 minutes.
- Garnish the fillet with shredded spring onion and coriander leaves.
- Serve immediately.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 171kcal

Protein 26.3g

Total fat (g and % of total calories)

3.8g (20.3%)

Saturated fat 0.7g

Cholesterol 49mg

Carbohydrate 7.1g

Dietary Fibre 3.4g

Sodium 559mg