



Chinese Style Steamed Fish (Serves 5)

Whole fish-gutted and cleaned, cut the head	1 medium sized
Ginger-peeled and finely chopped	2 thumb (approx. 30g)
Spring onions-sliced	2-3
Cilantro-roughly chopped	A handful
Soy sauce (Reduced sodium)	1.5 Tbsp
Vegetable oil	1 Tbsp



Methods:

1. Clean and pat dry fish, trimming away fins if desired.
2. Place cleaned fish onto a large dish, place spring onions, ginger over fish steam for 8-10mins, depending on size and thickness of fish.
3. In separate pot/pan, heat up vegetable oil and soy sauce and pour over fish when serving, garnish with fresh cilantro if desired.

Nutrient Analysis (per serve):

Energy	Protein	Carbohydrate	Fat	Saturated Fat	Sodium
167 kcal	19.7 g	1.5 g	8.7 g	1.1 g	190 mg

Tips:

- Fish is a good source of lean protein and also rich in omega-3 fatty acids which are healthy for our heart and brain.
- Using fresh herbs and spices can help reduce need for sauces or seasoning which tend to be higher in salt or sugar. Using reduced sodium soy sauce can also help reduce our sodium intake.
- Steaming is a healthy low fat cooking method. This gentle cooking method is also great for seafood as it preserves their original flavor.
- Using fish fillets can work just as well as whole fish, simply adjust cooking times accordingly. Frozen fish fillets can be a good cheap option too but avoid breaded or cured fillets as these tends to be high in fat and salt.