

Asian Steamed Fish with Kale Sauté

Adapted from *Bon Appetit*

Serves 2:

Ingredients

1 tablespoon minced peeled ginger, plus 4 thick slices
4 scallions, white part julienned, green part sliced
8 sprigs of cilantro, leaves picked, stems reserved
2 teaspoons canola or vegetable oil
2 tablespoons soy sauce
1 tablespoon fresh lemon juice
1 teaspoon toasted sesame oil
pinch sugar
2 6 ounce firm white fish fillets – striped bass or branzino works
kosher salt
1 tablespoon canola or vegetable oil
2 garlic cloves, chopped
1 bunch kale, leaves deribbed and cut into ribbons
kosher salt
1/4 cup water
toasted sesame oil to drizzle

Preparation

Peel a large knob of ginger; finely mince enough to fill a tablespoon and slice 4 thick pieces.

Cut the scallions in half, separating white from green.

Cut the whites lengthwise into julienne; thinly slice the greens.

Pick the cilantro leaves from their stems and save them with the scallion greens.

Reserve the cilantro stems.

To make the sauce, heat oil in a small skillet over medium low heat.

Add the minced ginger and cook a minute or two until soft and fragrant.

In a small bowl, add softened ginger and mix in soy sauce, lemon juice, sesame oil and a pinch of sugar.

Place a steamer insert or basket in a saucepan, which has an inch of water in the bottom.

Make a bed for the fish in the steamer by laying out scallion whites, cilantro stems and ginger slices.

Using a knife, slit the skin of each fillet several times on the bias; season with kosher salt.

Bring water in pan to a simmer and place fish in steamer; cover and cook for 8 to 10 minutes.

In a skillet, heat oil over medium flame and sauté chopped garlic until softened, about 30 seconds.
Add chopped kale leaves and water; season with kosher salt.
Cover and cook, stirring once or twice, 2 to 4 minutes, until leaves are wilted but still bright green.
Drizzle with toasted sesame oil.

Carefully lift the fish fillets off the aromatic bed and plate over cooked rice, if you like.
Spoon the sauce on top; sprinkle with cilantro leaves and sliced scallion greens.
Serve alongside the kale sauté.

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