CHINESE · DINNER

Cantonese Steamed Fish with Ginger and Spring Onion

25 min · Serves 4 · 193 kcal a serve · Video 11:27 · Made With Lau

Pescatarian · No dairy listed · No nuts listed

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Steaming keeps the fish moist without frying: one serve gives about 20 g of protein, over half a day's selenium and over a third of a day's vitamin B12 for under 200 kcal.

Diet notes: Low carb (2.7 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.2 g, 6% of the energy); Gluten-free with a swap: Use tamari or a gluten-free soy sauce, and dry sherry instead of Shaoxing wine (which contains wheat).

Ingredients 13 · SERVES 4

- [ ] 1 whole **tilapia**, about 1 lb 12 oz, cleaned (snapper, bass or flounder also work)
- [ ] about ½ oz **ginger** cut into fine strips (plus ½ oz sliced and laid on top while steaming, then removed)
- [ ] 5–7 **green onions** (white ends as a rack on the plate, the rest cut into fine strips)
- [ ] **Soy sauce**: 2 tbsp light soy sauce
- [ ] ½ tbsp **dark soy sauce**
- [ ] **Cooking wine**: ½ tbsp Shaoxing or any cooking wine
- [ ] ¼ tsp **white pepper**
- [ ] 1 tbsp boiled **water**
- [ ] ½ tsp **sugar**
- [ ] ½ tsp **salt**
- [ ] 2 tbsp **oil**, heated until shimmering
- [ ] 1 tbsp **sesame oil**
- [ ] a few sprigs of **coriander**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Scrape any belly fat and the dark blood line from inside the cleaned fish, rinse it inside and out and pat dry. Trim the fins and tail and cut a slit along the thick back so it cooks evenly with the belly. 0:30
2. Thinly slice half the ginger and lay the slices along the fish; cut the rest into fine strips. Lay the spring onion whites on the plate as a rack, set the fish on top, and shred the remaining spring onion into fine strips. 3:17
3. Mix the light and dark soy sauce, cooking wine, white pepper, boiled water, sugar and salt into a sauce. Taste and adjust. 5:36
4. Bring about 4 cups of water to a full boil in a wok with a steaming rack, put the plate in, cover and steam on high for 10–12 minutes, until the eyes turn white and the flesh comes away from the bone. 6:32
5. Pour off the liquid that collects on the plate, remove the ginger slices and pile the ginger and spring onion strips over the fish. 8:59
6. Heat the oil in a clean wok until shimmering and pour it over the aromatics so they sizzle. Drizzle with sesame oil, spoon over the soy sauce mixture and garnish with coriander. 9:37

> **Tip** Halve the hot oil for a lighter plate. Striped bass, flounder or red snapper work the same way; a 1 lb fish steams in about 10 minutes.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
193 kcal	20 g	3.5 g	0.8 g	11 g	910 mg
810 kJ	39% of a day	2.7 g net · 1.1 g sugars	3% of a day	1.2 g saturated	39% of a day
		1% of a day		14% of a day	

Energy from net carbs 6% · protein 42% · fat 52% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 55% · Vitamin K 49% · Omega-3 49% · Vitamin B12 37%

Source of (10–19%) Vitamin B6 15% · Vitamin E 14% · Magnesium 11%

Recipe and video: Made With Lau (@MadeWithLau) on YouTube — youtube.com/watch?v=NaiL0SeTz_s, published 17 June 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cantonese-steamed-fish-ginger-spring-onion