

Lemon & Ginger Steamed Fish with Turmeric Rice



Ingredients

- 1 tbsp fresh ginger, grated
- 2 cloves garlic, crushed
- 1 lemon, zested
- 1/2 tsp salt
- 1 tsp Extra Virgin olive oil
- 4 skinless barramundi fillets, about 150g each, or a white fish of your choice
- 1/4 bunch coriander leaves
- 3 spring onions, finely chopped
- 2 cups low GI brown rice, washed and drained (for turmeric rice)
- 1 tbsp coconut oil (for turmeric rice)
- 1 small onion, finely chopped (for turmeric rice)
- 2 cloves garlic, minced (for turmeric rice)
- 1 tsp ground turmeric (for turmeric rice)

2 sprigs of thyme (for turmeric rice)
1 bay leaf (for turmeric rice)
1 carrot, diced (for turmeric rice)
400 g unsweetened light coconut milk (for turmeric rice)
2 cups reduced salt vegetable stock or coconut water (for turmeric rice)
1/4 tsp Cayenne pepper (for turmeric rice)
Pinch of sea salt (for turmeric rice)
1/2 bunch coriander, chopped (for turmeric rice)
1 lime (for turmeric rice)

Method:

1. Combine the ginger, garlic, lemon zest, salt and olive oil in a small bowl. Blot the fish dry with a paper towel and coat well with the ginger mixture. Place the fish fillets on a heatproof plate or a shallow dish for steaming, and set aside.
2. To make the turmeric rice, heat oil in a large pot on medium high, cook onion and garlic for about 3 minutes until softened. Stir in turmeric, thyme, bay leaf and carrots and cook for a minute.
3. Add the rice and stir until rice is fully coated with the yellow onion mixture. Add coconut milk, vegetable broth, cayenne pepper, and salt. Bring the rice mixture to a boil, cover and simmer on low for 50 minutes or until rice is tender. Remove from heat and keep covered for about 10 minutes. Fluff the turmeric rice with a fork, stir in chopped coriander and a squeeze of lime juice.
4. Steam the fish by resting the dish in a steamer or on a small rack over simmering water, cover and steam for 10 minutes, or until just cooked through (the fillets should look opaque and flake easily but remain moist). Using a spatula, transfer the fish to a serving dish. Pour any juices from steaming over the fish and add a squeeze of lemon over the fish. Garnish with coriander leaves and spring onions. Serve with turmeric rice.