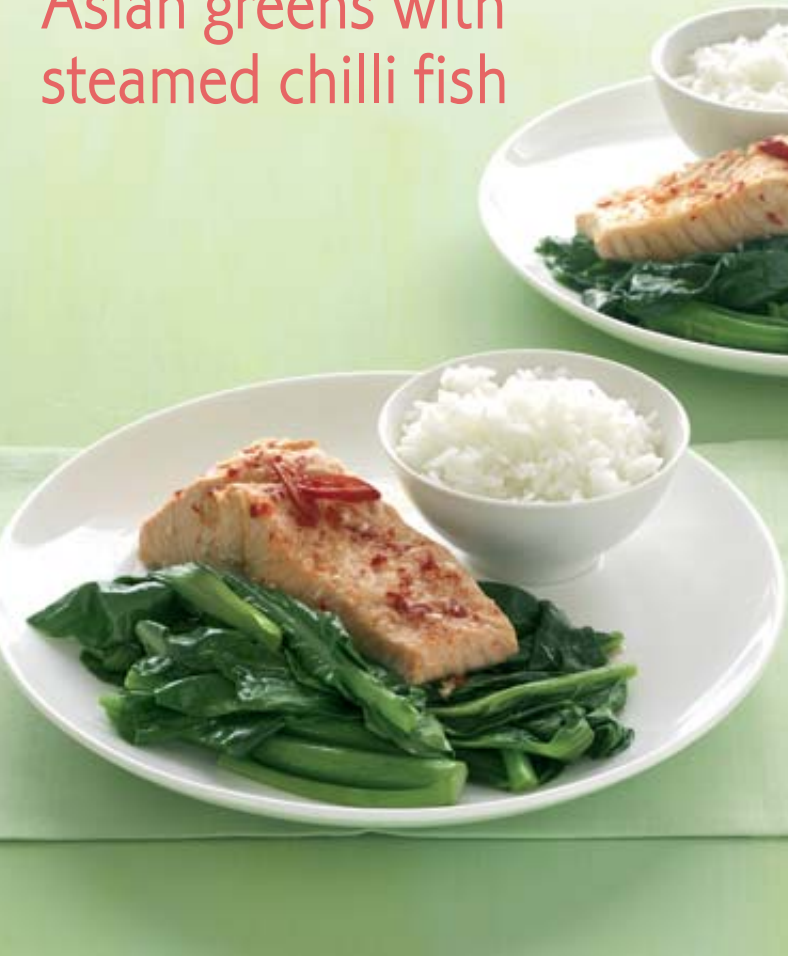


Asian greens with steamed chilli fish



Asian greens with steamed chilli fish

Preparation: about 25 minutes

Cooking: about 6–10 minutes

Serves: 6

- 2 garlic cloves, peeled
- 3 coriander roots*
- 1/4 cup palm sugar or caster sugar
- 2–3 small red (Bird's Eye) chillies, deseeded and chopped
- 3 tsp fish sauce
- 1/3 cup lime juice
- 4 thick salmon fillets (about 200g each)
- 1 bunch baby pak choy, trimmed and leaves separated
- 1 bunch gai lan (Chinese broccoli), trimmed and halved
- steamed jasmine rice, to serve

1. To make chilli sauce, place garlic, coriander roots, sugar, chillies, fish sauce and lime juice in a food processor. Process until chilli is very finely chopped. Set aside.
2. Score salmon flesh 2–3 times and place skin-side down in steamer. Drizzle fish with half the chilli sauce. Cover and steam fish, drizzling once with remaining sauce, for 8–10 minutes (depending on thickness) or until almost cooked through. Remove to a plate, cover and keep warm.
3. Add pak choy and gai lan to steamer (add more boiling water to steamer, if necessary). Steam for 2–3 minutes or until vibrant green. Arrange vegetables on serving plates, top with salmon and serve with steamed jasmine rice.

* Coriander root gives flavour to Thai-style marinades. Cut off the root from the fresh coriander stems. Gently scrape the root and wash well to remove any dirt before using.



Gai lan (Chinese broccoli)

- Like other Asian greens, gai lan is a source of iron, which is especially useful for vegetarians who may lack this blood-building mineral
- An excellent source of vitamin C, the anti-infection vitamin and also provides folate, one of the B complex vitamins needed for heart health.