

# Lean & Green

We make healthy eating second nature

## STEAMED GINGER-SCALLION FISH



**No. of servings:** 4

**Per serving:** 1 leanest | 3 green |  
2 healthy fat | 2 condiments

**Total Time:** 20 minutes

**Cuisine:** Chinese

**Contains:** Fish, Gluten, Soy

### INGREDIENTS

- 1 medium head of cauliflower (580g), trimmed and chopped to resemble rice\* (should yield 4 cups)
- 2 tbsp peeled and finely sliced fresh ginger root
- 4 scallions or spring onions, trimmed and minced
- 900g boneless, skinless white flesh fish (also known as fish fillet), such as tilapia, cod, or grouper
- 1 cup roughly chopped cilantro

### Sauce

- 3 tbsp light soy sauce
- 4 tsp oil
- 1 tbsp sesame oil

### DIRECTIONS

1. Set-up steamer and cook cauliflower about 5 to 7 minutes until tender. Set aside.
2. Mix ginger and scallions/spring onions together. Place half of the mixture on a plate and then arrange the pieces of fish on top.
3. Carefully place plate into steamer and cook until fish flakes easily.
4. Remove plate and top with remaining ginger-scallion mixture as well as cilantro.
5. Combine all of the sauce ingredients in a small pot and heat through.
6. Pour hot soy sauce mixture over aromatics and fish. Serve with cauliflower "rice."

**\*Note:** To make cauliflower rice, you may chop the cauliflower into rice-like pieces, grate the cauliflower with a box grater, or cut cauliflower into florets and lightly pulse in a food processor.

**Per serving:** 340 calories, 49g protein, 10g carbohydrate, 13g fat



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