

THAI STEAMED HALIBUT

Time: 20 minutes

Serves: 2

Ingredients:

1 cup tightly-packed basil leaves
3 cloves garlic – thinly sliced
1 stalk lemon grass – cut into 3" pieces & unfurled
2 6-ounce halibut filets
½ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
1 lime – quartered

Preparation:

Place a pot containing an inch of water and a steamer basket over high heat.

Once the water begins boiling, place half the basil, garlic and lemon grass in the basket and place the fish on top. Cover the fish with the remaining herbs. Cover the pot and steam the fish for five minutes.

Remove the pot from heat and plate the fish along with the basil and garlic, discarding the lemon grass. Sprinkle with the salt and pepper and serve with the lime wedges.

Nutritional Information Per Serving:

Calories: 187
Fat: 4g
Carbs: 0.1g
Fibre: 0.1g
Protein: 35g