

Mark Drugs Pharmacy

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Steamed White Fish with a Crust Finish and Asparagus

(This can be a 15 minute Freezer to Plate Meal)

Steaming the asparagus is healthy, easy and retains much more nutrients & flavor than boiling.

Note: If you do not have a steamer, the bamboo ones are inexpensive and available at most oriental markets. An anti-splatter handled mesh or any perforated cooking surface may be substituted.

1 100 gm (3.5 oz) piece of Tilapia, Cod Haddock or other white fish
12 spears of fresh Asparagus
Juice of ¼ fresh lemon
1 clove crushed fresh garlic
Sea salt & Fresh Cracked Pepper to taste

1. Place a steamer or perforated cooking surface over a frying pan with about 1 inch of water in the pan.
2. Bring water to a boil.
3. Place Fish on a small plate/saucer & squeeze lemon, crush garlic and lightly salt & pepper. Allow to sit until after placing asparagus on steamer.
4. Arrange asparagus over cooking surface (steamer) leaving an open space in the middle for the fish.
5. **Cover** and steam for 5-7 minutes
6. Place the fish in the middle of the asparagus & cover. **Do not throw away the lemon juice & garlic!**
(If fish is frozen, there is no need to defrost it. Simply adjust the steaming time from 5 minutes to 10-12 minutes or until fish starts to become flaky.)
7. Remove asparagus to a plate and place to the side.
8. Heat a separate small frying pan over a medium heat.
9. Pour the lemon/garlic into the frying pan & place fish on top of it. Sear for 30-45 seconds, turn over for an additional 30-45 seconds and serve on same plate as asparagus with a wedge of lemon.

Makes 1 protein & 1 vegetable