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Recipe: Chinese Style Haddock With Broccoli Stir Fry

Ingredients

Light soy sauce
1 lemon
Fresh ginger
Toasted sesame oil
2 haddock fillets
350g broccoli
1 red chilli
1 large clove of garlic
1 heaped teaspoon of sesame seeds
Sunflower oil
Salt and black pepper
1 spring onion

Servings
2
Person

Preparation

1. Peel and grate a small piece of fresh ginger and then mix it with a tablespoon of light soy sauce, a tablespoon of toasted sesame oil and a tablespoon of lemon juice in a shallow dish. Put the haddock fillets in it to marinate.
2. Toast the sesame seeds in a small dry pan for a minute or two, making sure that they don't burn, and set aside.
3. Cut the broccoli into small florets, trimming so that the stems are long and slender. Steam for 2 minutes then set aside.
4. Deseed and finely chop or slice the red chilli, finely grate a small piece of ginger then peel and finely chop the garlic clove.
5. Place the marinated haddock fillets on grease proof paper in the steamer and steam for about 10 minutes until the fish flakes easily, or longer if the fillets are very thick.
6. Meanwhile, heat a tablespoon of sunflower oil and a tablespoon of toasted sesame oil in a wok. Stir fry the chilli, ginger and garlic for just a minute and then add 2-3 tablespoons of soy sauce and a tablespoon of lemon juice.
7. Add the prepared broccoli, season with salt and black pepper and and stir fry for 3-4 minutes, adding a splash of cold water if it is too dry.
8. Divide the broccoli between two dishes, place the haddock fillets on top and garnish with shredded spring onion and a sprinkling of toasted sesame seeds. Serve with plain rice.

Cooks Note

Haddock fillets marinated in soy sauce, lemon and ginger, served on a bed of steamed broccoli stir fry. A light, healthy and tasty supper dish, which is quickly prepared. I chose haddock, but any white fish, such as cod or halibut, can be used in this dish also.