

Sea bass with lemon grass, lime and ginger

Total time **100 mins** 15 mins preparation time 60 mins marinating time 25 mins cooking time

Nutritional facts (per portion):
537 kJ / 2246 kcal

Fat: **14.7 g**

INGREDIENTS

4 portion(s)

1	stalk of lemon grass
2	900 g / 2 lb whole sea bass, scaled and cleaned
2.5 cm	piece fresh ginger, peeled and grated
1 tbsp	sesame oil
2 tbsp	lime juice
5 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
2 tsp	brown sugar
6	tinned water chestnuts, sliced
1	large carrot, cut into matchsticks
4	spring onions, shredded
200 g	tenderstem broccoli

PREPARATION

Step 1

Strip any coarse outer leaves from the lemon grass and grind the soft inner leaves to a paste in a mortar and pestle with a little oil.

Step 2

Score the fish several times on each side and place in a shallow dish. Spread inside and out with the lemon grass and ginger.

Step 3

Whisk together the sesame oil, lime juice, soy sauce and brown sugar and pour over the fish. Cover and leave in the fridge to marinate for 1 hour.

Step 4

Lift the sea bass onto a steamer rack, spoon over any remaining marinade and scatter the water chestnuts and carrot over and around the fish.

Step 5

Cover and steam for 15 minutes. Add the spring onions and broccoli and steam for a further 10 minutes or until the flesh of the fish flakes easily. (Fillets will take around half this cooking time)