

# Steamed Sea Bass, Asian Greens & Egg Fried Rice



**Serves 4    Prep 45 mins**

**Cooking 20 mins**

**Easy**

## Ingredients

1 whole large sea bass (800g), gutted & cleaned  
or 4 fillets of sea bass  
1 tbsp each light & dark soy sauce  
1 tbsp vegetable oil  
1 tsp palm sugar  
1 spring onion, sliced diagonally  
1/2 pack parsley sprigs  
Large piece of foil

**Egg fried rice**  
250g long grain rice  
3 tbsp vegetable oil  
1 onion, finely chopped  
4 eggs, beaten  
2 spring onions, sliced, to serve

**Asian greens**  
1 tbsp vegetable oil  
2 tbsp oyster sauce  
350g Asian greens, like pak choi, choi sum or tatsoi

## For the Steamed Sea Bass - Prep 20 mins - Cook 20 mins

1. Heat oven to 180C/ 160C fan/ Gas 4. Take a large piece of foil & put the fish in the middle and pull the sides of the foil up around the fish to create a foil bowl, then add 1 tbsp water to steam the fish, seal and cook in the oven for 15-20 mins.
2. Transfer to a serving platter, leaving the juices in the foil. Heat the soy sauces, oil and palm sugar in a saucepan with 1 tbsp water until boiling and bubbling. Top the fish with the spring onion and parsley. Pour the hot liquid over the fish to 'cook' the aromatics on top. Scatter over any leftover parsley to serve.

## For the Egg fried rice - Prep 10 mins - Cook 10 mins

1. Cook the rice to packet instructions, drain, spread it out to steam-dry & set aside.
2. Heat 2 tbsp of the oil in a large wok over a high heat, then add the onion and fry until lightly browned,  $\pm$  5 mins. Add the rice, stir & toast for  $\pm$  3 mins, then move to the side of the pan. Add the remaining oil, tip in the egg mixture. Leave to cook a little, then mix with the rice - stir vigorously to coat the rice or, if you prefer the egg chunkier, allow to set for a little longer before breaking up and stirring through. Tip into a serving bowl and scatter over the spring onion to serve.

## For the Asian greens - Prep 15mins - Cook 10 mins

1. Whisk the oil and oyster sauce with 1 tbsp of water in a saucepan. Cook for 2 -3 mins until glossy, then set aside.
2. Bring a large pan of salted water to the boil. Add the greens and cook for 2 mins, or until just wilted, then drain. Cut any large bulbs in half and put on a serving plate, drizzle the sauce over and serve immediately.