

# STEAMED SOLE

## with ginger and spring onions



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**Preparation :** 5 min - **Resting :** 30 min - **Cooking :** 35 min - **Equipment :** -

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### **Ingredients :**

- 4 sole fillets - 1 tsp salt - 125 g rice - 250 ml water - 1 1/2 tbsp fresh ginger, grated - 3 tbsp spring onions, finely chopped - 1 tbsp light soy sauce - 2 tbsp dark soy sauce

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1. Wash the sole fillets, pat dry with kitchen towel then rub salt on both sides to draw out any excess moisture. Set aside for 30 minutes.
2. Pour 1l of water into the steamer's reservoir and put the bottom basket on the tank. Add the rice and 250ml water into the rice bowl and place in the basket with the lid on. Turn the dial to 100°C and set the timer to 30 minutes. Stir halfway through.
3. After 30 minutes, turn the dial to 60°C and set the timer to 5 minutes. Add the sole to the top basket and scatter the ginger evenly. After 5 minutes, check the fish (thicker fillets will take 12-15 minutes).
4. Once cooked, remove fish, rice and ginger from the steamer and plate up, pouring over the soy sauce and sprinkling the spring onions.
5. Serve straight away with a seasonal vegetable salad.

