

Banana Leaf-Steamed Cod

with Spiced Rice, Yu Choy & Coconut

That's right, chefs. In this Southeast Asian dish, you'll be wrapping cod fillets in banana leaves and cooking them to flaky perfection. You're essentially creating a packet in which to steam the fish. Similar methods can be found in other traditions (like the French "en papillote" style, in which ingredients are baked in a packet of parchment). However, in addition to allowing the ingredients to steam together, the banana leaf adds its own flavor as well. Its mild, tropical sweetness provides a subtle contrast for the spices of this delightful meal.



Ingredients

- 2 Cod Fillets
- $\frac{3}{4}$ Cup Long Grain White Rice
- 2 Banana Leaves
- 2 Cloves Garlic
- 1 Bunch Yu Choy
- 1 Clementine
- 1 Lime
- 1 Large Bunch Cilantro

Knick Knacks

- 1 1-Inch Piece Ginger
- $\frac{1}{4}$ Cup Dried Coconut Flakes
- 2 Teaspoons Banana Fish Spice Blend
(Nigella Seeds, Cumin Seeds, Ground Mustard, Ground Cardamom & Cayenne Pepper)

Makes 2 Servings

About 500 Calories Per Serving

Cooking Time: 15 to 25 minutes



1



Cook the rice:

Preheat the oven to 400°F. In a small pot, combine the **rice**, **1½ cups of water** and a **big pinch of salt**. Heat to boiling on high. Once boiling, cover, reduce the heat to low and simmer 14 to 16 minutes, or until the liquid has been absorbed. Remove from heat and fluff the finished rice with a fork.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Peel and mince the garlic and ginger. Trim off and discard the ends of the yu choy stems; thinly slice the stems and leaves. Peel and medium dice the clementine. Quarter the lime. Pick the cilantro leaves off the stems; discard the stems.

3



Prepare the fish:

Season the **fish fillets** with salt, pepper and **half the spice blend**. Lay the **banana leaves** flat on a clean, dry work surface. Place **one seasoned fish fillet** in the center of each banana leaf. Fold the two, opposite short edges of the banana leaf over the fish and press down. Fold the open ends of the leaf towards the center to create square packets.

4



Steam the fish:

Place the **banana leaf-wrapped fish fillets** on a sheet pan, folded side down. Bake 12 to 14 minutes, or until the fish is cooked through. Remove from the oven and carefully open the banana leaf packages (they may release steam). Discard the banana leaves.

5



Make the spiced rice:

After the fish has baked for 5 minutes, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic**, **ginger** and **remaining spice blend**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **yu choy** and **coconut flakes**. Cook, stirring occasionally, 30 seconds to 1 minute, or until the yu choy has wilted. Add the **cooked rice**. Cook, stirring occasionally, 3 to 5 minutes, or until slightly crispy and fragrant; season with salt and pepper to taste. Remove from heat. Add the **clementine**; stir to combine.

6



Finish & plate your dish:

Divide the **spiced rice** and **cooked fish** between 2 plates. Top each fish fillet with **the juice of 1 lime wedge** and a drizzle of olive oil. Garnish with the **cilantro** and **remaining lime wedges**. Enjoy!