



Steamed Asian Citrus Fish with Ginger Rutabaga & Vegetable Whole-Wheat Orzo

Bright • Fresh • Steamed • Budget Friendly • 30 Minutes

STEAMED CITRUS-GINGER FISH

Ingredients

- 4 white fish fillets — cod, pollock, tilapia, or another affordable white fish
- 1 tbsp fresh ginger, grated
- 2 garlic cloves, minced
- 1 tbsp fresh orange juice
- 1 tbsp fresh lime juice
- 1 tsp orange zest
- 1 tsp toasted sesame oil
- ½ tsp 1PL8 Herb Salt™
- Freshly cracked black pepper
- Green onions
- Lime slices

Method

1. Pat the fish dry and season with ginger, garlic, orange zest, 1PL8 Herb Salt™, and black pepper.
2. Place the fish on a steaming rack over gently simmering water.
3. Top with a few slices of lime and green onion.
4. Cover and steam until the fish reaches **145°F** and flakes easily.
5. Remove from the steamer and finish with fresh orange and lime juice and a small drizzle of sesame oil.



GINGER RUTABAGA & SUMMER VEGETABLE **SAUTÉ**

Ingredients

- 1 medium rutabaga, peeled and cut into small ½-inch cubes
- 1 cup fresh/frozen corn
- 1 cup frozen green beans, cut into bite-size pieces
- 1 small yellow squash, diced
- ½ red bell pepper, diced
- 2 green onions, sliced
- 1 tbsp olive oil
- 1 tsp fresh ginger, grated
- 1 garlic clove, minced
- ½ tsp ground coriander
- ½ tsp 1PL8 Herb Salt™
- Fresh cilantro
- Lime juice

Method

1. Heat olive oil in a large skillet over medium-high heat.
2. Add the rutabaga first.
3. Give it a few minutes to start getting some color.
4. Add a small splash of water, cover, and let it steam in the pan for about 4–5 minutes.
5. Then take the lid off.
6. Add the green beans, corn, squash, and red pepper.
7. Turn the heat up a little and sauté until the vegetables are tender but still have some bite.
8. Add the ginger, garlic, coriander, and 1PL8 Herb Salt™ during the final couple of minutes.
9. Finish with fresh cilantro and a squeeze of lime.

WHOLE-WHEAT VEGETABLE ORZO

Ingredients



- 1½ cups whole-wheat orzo
- 2½ cups low-sodium chicken or vegetable stock
- ½ cup shredded carrots
- ½ cup frozen edamame
- 2 green onions, sliced
- 1 tsp olive oil
- 1 tsp fresh ginger, grated
- 1 tbsp fresh lime juice
- ¼ cup fresh cilantro
- ½ tsp 1PL8 Herb Salt™

Method

1. Heat the olive oil in a saucepan.
2. Add the orzo and toast for about 1–2 minutes.
3. Add the stock and cook according to the package directions.
4. During the last few minutes, stir in the carrots and edamame.
5. Once the orzo is tender, remove it from the heat.
6. Add fresh ginger, lime juice, cilantro, and 1PL8 Herb Salt™.
7. Give it a good stir.

Quick Asian Citrus Drizzle

Made separately and demonstrated in the companion attachment video.

- 2 tbsp low-sodium soy sauce
- 2 tbsp orange juice
- 1 tbsp lime juice
- 1 tsp honey
- 1 tsp rice vinegar
- 1 tsp fresh grated ginger
- ½ tsp sesame oil
- 1 tbsp warm water

Whisk together. **No bottled sauce necessary.**

The sauce can be prepared ahead and spooned over the fish and vegetables just before serving.



