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Asian-style Tilapia with Baby Corn Relish Recipe

Yield: 6 Servings

- 1 1/2 lb Tilapia fillets, about
-1/2" thick
- 1 1/3 lb Regular broccoli
-OR
- 1 lb Broccoli rabe (rapini)
- 8 Green onions (white part
-only), sliced
- 1 cn Baby corn, drained (15oz)

ASIAN SAUCE

- 2 T Oriental sesame oil
- 1 T Minced fresh ginger
- 1 T Minced shallot
- 1/2 t Hot red chilies, crushed,
-dried
- 1/2 t Ground coriander
- 1/2 c Rice vinegar
- 1/3 c Reduced-sodium soy sauce
- 2 T Oyster sauce

Rinse fish and place in a heavy plastic food bag with the Asian sauce; seal bag and turn to coat fillets. Chill at least 30 minutes or up to 2 hours, turning occasionally. Lift fillets from sauce; reserve sauce. Arrange fish in a single layer in a 12x17" broiler pan (without rack). Pour sauce into a 10-12" frying pan.

Trim broccoli stems or broccoli rabe, then peel if tough. Cut broccoli into 5" lengths about 1/2" thick.

Fill a 3-4 quart pan 3/4 full of water and bring to a boil over high heat. Add broccoli or broccoli rabe; cook 1 minute. Lift from water with a slotted spoon and transfer to pan of sauce. Cook onions in water about 30 seconds; add, with corn, to sauce.

Broil fish about 3" from heat for 3 minutes. Turn fish over and broil until opaque but still moist-looking in center of thickest part (cut to test), about 2 minutes longer; keep warm on a platter.

Stir sauce and vegetables over high heat until boiling; place on a platter beside fish.

Asian sauce:

Pour oil into a 10-12" frying pan. Place over medium-high heat until oil just starts to smoke, about 2 minutes. All at once, add ginger, shallot, chilies, and coriander. Stir for 30 seconds.

At once, add rice vinegar, soy sauce, and oyster sauce. Boil, uncovered, over high heat until sauce is reduced to 1 cup, about 1 minute. Let cool.

Recipe via Meal-Master (tm) v8.05