

Ginger-Steamed White Fish with Bok Choy

Delicate white fish steamed with aromatic ginger and garlic creates a blood sugar-friendly meal that's rich in protein and low in carbohydrates.

Prep: 10 min

Cook: 20 min

Total: 30 min

Servings: 4

GL 7.4 / GI 48

Ingredients

Low GI vegetable, high in fiber bok choy, trimmed

High protein, zero carbs, excellent for blood sugar control firm white fish fillets

May improve insulin sensitivity fresh ginger, finely shredded

Minimal glycemic impact, anti-inflammatory garlic cloves, finely sliced

Choose low-sodium variety low-sodium soy sauce

Small amount, minimal sugar impact mirin rice wine

Low carb aromatic vegetable spring onions, finely shredded

Fresh herb, negligible carbs fresh coriander, chopped

Lower GI than white rice (GI 50), serve 1/2 cup per person cooked brown rice, for serving

Vitamin C, may help moderate glycemic response lime, cut into wedges

Instructions

Step 1

Preheat your oven to 200°C (400°F). Prepare a large sheet of aluminum foil, approximately 50cm long, that will be large enough to create a sealed packet for all the fish and vegetables.

Step 2

Arrange the bok choy in a single layer in the center of the foil, creating a bed for the fish. This vegetable base will steam beautifully and absorb the aromatic cooking juices.

Step 3

Place the four white fish fillets on top of the bok choy. Pat the fish dry with paper towels first to ensure the seasonings adhere properly and the fish steams rather than stews.

Step 4

Scatter the finely shredded ginger and sliced garlic evenly over the fish fillets. These aromatics will infuse the fish with flavor as it steams in the enclosed packet.

Step 5

Drizzle the low-sodium soy sauce and mirin (if using) over the fish and vegetables. Season with freshly ground black pepper. The foil packet will trap all these flavors and create a fragrant steam bath. If omitting mirin for stricter blood sugar control, add an extra squeeze of lime juice after cooking.

Step 6

Carefully fold the foil over the fish, then crimp and seal all three open edges tightly to create an airtight packet. Ensure the seal is complete to trap steam inside. Place the sealed packet on a rimmed baking sheet and transfer to the preheated oven. Bake for 20 minutes until the fish is cooked through and flakes easily with a fork.

Step 7

Remove from the oven and carefully open the foil packet, watching for the hot steam that will escape. Scatter the shredded spring onions and chopped coriander over the fish and let rest for 2 minutes to allow the herbs to wilt slightly from the residual heat.

Step 8

Serve the fish and bok choy immediately with your choice of low-glycemic side. Provide lime wedges for squeezing over the fish just before eating. For best blood sugar control, eat the fish and vegetables first, then finish with any grain-based side if included.