



GINGER SOY STEAMED COD



INGREDIENTS:

- 1 4-5 oz cod fillet
- 1/2 tsp ground ginger
- 1 tbsp liquid aminos or soy sauce
- dash of garlic powder
- Optional: black sesame seeds for garnish

DIRECTIONS:

- 1) Season cod with ginger, garlic, and liquid aminos
- 2) Allow to marinate in the fridge for 20-30 minutes
- 3) Fill a pot with water (~ 1/4 of the way up). Place a steam basket over the water, it should not touch the water
- 4) Bring water to a boil
- 5) Place cod on steam basket, cover, and steam for 10-15 minutes or until internal temperatures reaches 145 F
- 6) Serve and garnish with black sesame seeds.

Enjoy!

Makes 1 Serving
Calories: 163 | Protein: 34 g | Carbs: 1 g | Fat: 1 g