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EMERALD CITY SPINAL CARE

STEAMED COD

WITH GINGER GARLIC BROTH & BABY BOK CHOY

Serves 4

Ingredients

- 4 (6-8 oz) cod fillets
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 1 cup fish broth or vegetable broth
- 2 Tbsp soy sauce
- 2 Tbsp unseasoned rice vinegar
- 2 Tbsp dry sherry, or rice wine
- 1 Tbsp minced peeled fresh ginger
- 2 or 3 large cloves garlic, minced
- 8 oz baby bok choy, trimmed
- 2 scallions, white & green parts, thinly sliced
- 1 Tbsp toasted sesame oil

Directions

- Season cod on both sides with salt and pepper.
- Place stainless steel bowl in the Instant Pot (IP), and combine fish broth, vinegar, soy sauce, sherry, ginger and garlic.
- Put steamer trivet or basket in IP and place cod on it. Scatter bok choy over fillets. Lock lid in place, turn pressure valve to “Sealing”. Select Manual; adjust pressure to Low and time to 2 minutes.
- After cooking, use quick pressure release by turning pressure valve to “Venting”.
- Carefully remove lid. Carefully remove steamer trivet from IP.
- Using large slotted spatula, divide fish and bok choy among 4 shallow bowls.
- Spoon broth over fish. Top with scallions and drizzle with sesame oil. Serve with steamed rice, if desired.
- The Instant Chef pro-tip: if you’re using frozen cod fillets, increase cooking time by 3 minutes.

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