



Asian Style Steamed Kona Kampachi®

2 6-ounce kampachi fillets
Salt and pepper, to taste
4 to 6 ti leaves (or 1 banana leaf)
2 cups cooked jasmine rice
2 tablespoons roughly chopped ginger
1 stalk lemongrass, smashed
1/4 cup soy sauce
1 tablespoon peanut oil
Furikake, to taste

Season fillets with salt and pepper.

Place ti leaves side-by-side so they form two wrapper wide enough to enclose fish. Top with rice. Place fish over rice and top with ginger, lemongrass, soy sauce and oil. Sprinkle with furikake.

Fold sides and ends of ti leaves over fish to completely seal. Place in a steamer over boiling water 12 minutes. Serves 2.

Estimated Nutrient Analysis per serving (Not including salt or furikake)
520 calories, 10 g total fat, 1.5 g saturated fat, 65 mg cholesterol,
greater than 2,000 mg sodium, 60 g carbohydrate, less than 1 g fiber,
1g sugar, 44 g protein.