

See the light

Prepare this healthy, flavoursome recipe from Felix Halter of the V-ZUG Gourmet Academy with the V-ZUG Combi-Steam SL oven.



STEAMED BLUE-EYE WITH COCONUT, LIME AND CHILLI

- 1kg blue-eye fillet
- 2 tbs peanut oil
- 1 tbs green curry paste
- 2 tbs grated fresh ginger
- 2 garlic cloves, crushed
- 4 kaffir lime leaves*
- 1/4 cup shaved coconut or coconut flakes
- 1 tbs brown sugar, plus extra
- 1/4 cup (60ml) fish sauce, plus extra
- 400ml coconut cream
- Leaves of 1/2 bunch basil
- 1 tbs lime juice

Garnish

- 1 small red onion, shredded
- 1 tbs coconut flakes, toasted
- 1 small red chilli, thinly sliced
- Pared rind of 1 lime, cut into thin strips
- Handful of coriander leaves

Place the fish in your V-ZUG Combi-Steam SL at 80°C for 9 minutes.

Meanwhile, heat oil in a pan over medium heat and stir in curry paste, ginger, garlic, lime leaves, coconut flakes, sugar, fish sauce and coconut cream. Simmer for 10 minutes. Add basil and lime juice and simmer for a further 2 minutes. Puree in a blender, then pass through a sieve into a bowl, pushing down on solids. Cool slightly. Add extra brown sugar and fish sauce to taste.

To serve, place blue-eye on a platter and pour over coconut sauce. Garnish with onion, coconut flakes, chilli, lime and coriander. **Serves 4**

THE V-ZUG COMBI-STEAM SL

The V-ZUG Combi-Steam SL uses innovative pressure-free steam technology to deliver precise temperate control and retain vitamins while cooking. The AutoCook feature automatically senses the cooking time and temperature for your favourite dishes, or use the GourmetSteam setting to whip up dozens of pre-programmed recipes. For more information and recipe ideas, visit: vzug.com.au.



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