



## Poached Fish with Napa Cabbage

Enjoy this meal in one that supplies a rich source of health-promoting vitamins C and K as well as selenium and B vitamins. The Healthiest Way of Cooking method we use in this recipe is Healthy Stir-Fry, a great way to prepare food without the use heated oils.

**Prep and Cook Time:** 20 minutes

### Ingredients:

- 3 medium cloves [garlic, pressed](#)
- 4 cups finely shredded Napa cabbage
- 1 lb thick cod filet, or halibut cut into 1½ inch pieces
- 1 TBS + 2 cups chicken or vegetable [broth](#)
- 1 TBS fresh [minced fresh ginger](#)
- 1 cup [chopped scallion](#)
- 1 medium sized [tomato, chopped and seeds removed](#)
- 1-1/2 TBS [chopped fresh mint](#)
- 2 TBS fresh lime juice
- 2 cups mung bean sprouts, chopped (Lay out pile of sprouts on cutting board and chop just a couple of times so they aren't as long as usual.)
- salt and white pepper to taste
- 1 TBS toasted sesame seeds

### Directions:

1. Press garlic and shred cabbage and let them sit for 5-10 minutes to [bring out their health-promoting benefits](#).
2. Heat 1 TBS broth in a stainless steel wok or large stainless steel skillet. [Healthy Stir-Fry](#) ginger and fish in broth for two minutes, stirring constantly.
3. Add rest of broth and bring to a simmer on high heat for about 3 minutes.
4. Add scallion, tomato, mint, lime juice, Napa cabbage, bean sprouts, salt and pepper. Cook for about 3 minutes; you want the cabbage and sprouts to remain crisp.
5. Mix, and remove from heat. Season with salt and pepper and spoon into bowls. Top with sesame seeds. **Serves 4**

### Healthy Cooking Tips:

When cutting and cooking cod or halibut for dishes such as this it is best to buy filets that are thick as thin pieces tend to fall apart. You can sear the pieces on all sides by stirring gently before adding the liquid. This will seal in the flavor. The real key to the success of this recipe is to make sure both the cabbage and bean sprouts are still almost raw. By slicing the cabbage very thin you can add it at the end of the cooking with the sprouts. This gives you a dish that tastes fresh and alive.