

Japanese Steamed Fish

白身魚のホイル焼き

● Ingredients (Servings 2)

2 Pieces of Tilapia

1 Carrot

1 Onion

2 Tbsp. chopped Green Onion

2 tsp. Margarine

2 Tbsp. Cooking Sake or White Wine

Pinch of Salt (to taste)

Pinch of Black Pepper (to taste)

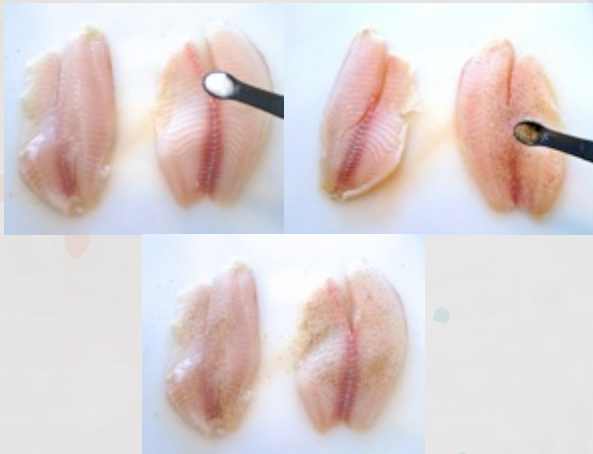
- Preheat oven to 400 degrees Fahrenheit
- Prepare ingredients



Slice a peeled onion.



Shred a peeled carrot.



Sprinkle a pinch of salt and black pepper on each side of the fish.

- Prepare Foil



Prepare 2 pieces of aluminum foil which are twice the length of the fish.

Grease middle part of each piece of foil.

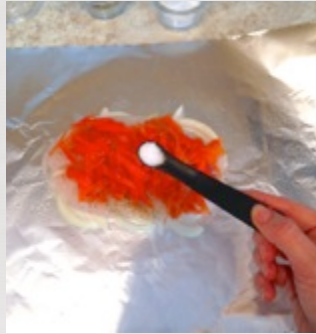
- Place



Spread the sliced onion on each piece of foil.

Place the fish on the onion.

Put the shredded carrot on the fish.



Sprinkle a pinch of salt over the ingredients.



Put 1 tsp. of margarine on top of each piece of fish.



Add 1 Tbsp. of chopped green onion to each.



Form the foil into a shape like a bowl so no liquid will seep from the ingredients.



Drizzle 1 Tbsp. of cooking Sake or white wine on each piece of fish.



Pinch each side of the foil and seal it.



Bake for 20 minutes in preheated oven.

Place the foil on a plate
and serve.

