

# Asian Fish in a Packet

- 4 firm fish fillets
- 2 cups cooked rice
- 4 cups coarsely chopped bok choy
- 4 scallions, chopped
- 2 Tbsp. vegetable oil
- 2 tsp. grated fresh ginger root
- 2 garlic cloves, minced or pressed
- 4 Tbsp. soy sauce
- 4 tsp. sesame oil

Preheat the oven to 450 degrees:

*Prepare four 12" x 12" foil squares. Rinse fish and prepare all ingredients.*

*To create packet, brush a little vegetable oil in the center of the packet and spread one quarter of the rice in the center of the foil square and then layer the greens, fish and scallions on top of the rice.*

*In small bowl, combine the vegetable oil, grated ginger, garlic, soy sauce, and sesame oil. Pour a quarter of the sauce over each serving. Fold the foil into airtight packets, and bake for 20 minutes, or until fish flakes with a fork.*

*To serve, carefully open the foil and transfer the contents to plates or bowls.*