

**FOOD-O-GRAM**  
BY RUKHSARA OSMAN



# Fish Favourites

For as long as I can remember, I loved fish. When I complain about chicken, I opt for a fish meal. It's soft, flaky, takes minutes to cook and is super flavourful!

## SIMPLE STEAMED TILAPIA

The sesame seeds featured here provide calcium, vitamin E and amino acids-plus a rich, nutty flavor. If you like, serve this simple dish with cooked greens and steamed red/ brown rice to soak up the delicious juices.

### Ingredients

2 tsp sesame seeds  
Vegetable oil for oiling dish  
1 and 1/2 lb tilapia (snapper fillet if you don't like tilapia), cut into 4 pieces  
2 tbs soy sauce  
2 tsp toasted sesame oil  
1-inch piece fresh ginger, peeled and cut into matchsticks  
6 green onions, white portion only, sliced lengthwise

### Method

In a dry fry pan over medium-high heat, toast the sesame seeds, shaking the pan frequently, until they are fragrant and pale golden brown. Pour into a bowl and set aside.

Place a steamer in a large, wide pot with a lid. Fill the pot with water to just below the level of the insert. Lightly oil a heatproof dish that will fit inside the steamer. Place the fish in the dish, over-

lapping the pieces if necessary, and drizzle with the soy sauce and sesame oil.

Sprinkle the ginger and half of the green onions over the fish. Set the dish in the steamer insert and cover the pot. Bring the water to a boil over medium-high heat and steam for 10 to 12 minutes until the fish is opaque in the center.

Carefully lift the dish from the pot and sprinkle the fish with the toasted sesame seeds and the remaining green onions.

Serve immediately. Serves 4.



## BAKED TILAPIA FISH WRAP

### Ingredients

2 pounds (roughly 1 kg) tilapia fillets, fresh or frozen that has been thawed  
1 lime  
Salt & pepper  
Seasoning (see below or add your favorite seasoning)  
Atta Roti  
Optional toppings: shredded cheese,

shredded cabbage, salsa, sour cream, avocado, lime wedges, cilantro

For seasoning:

1/2 tsp garlic powder (Meena Bazaar, Aagora)  
1 tsp chili powder  
1 tsp cumin  
1/2 tsp dried oregano

### Method

To make seasoning: Mix all seasoning together and keep aside.

Preheat oven to 400 degrees F. Prepare a baking sheet by lining it with foil and spraying with non-stick spray. Place tilapia fish fillets on a baking sheet, and squeeze lime juice over them. Season with salt and pepper. Sprinkle lightly with seasoning. Bake for 15 minutes or until fish is done (flakes easily with a fork)

While fish is baking, prepare toppings and heat roti.

To assemble wrap: Place desired amount of fish, broken up slightly, lengthwise in the middle of your roti. Depending on the size of your fillet, each one can usually make 2-3 wraps. Top fish with desired toppings and serve.

## BAKED BHETKI FISH CAKE

Making your own fish cakes is so quick and easy- these tasty delights don't need a deep fryer. Tuna works you can even use any white fish, bhetki, katol, or even talapia.

