

AIR FRYER – CHINESE GINGER SCALLION FISH

PREP TIME: 20 MINUTES

COOK TIME: 15 MINUTES

TOTAL TIME: 35 MINUTES

SERVINGS: 2

INGREDIENTS

BLACK BEAN SAUCE

- 2 tablespoons Soy Sauce
- 1 tablespoon Rice wine (or Mirin)
- 1 tablespoon Chinese black bean paste
- 1 teaspoon minced fresh Ginger
- 1 clove Garlic, minced

FISH AND VEGETABLES

- 1 tablespoon peanut oil
- 1/4 cup julienned Green Onions (white and green parts)
- 1/4 cup chopped cilantro
- 2 tablespoons julienned fresh Ginger
- 2 (6-ounce) white fish filets

INSTRUCTIONS

1. In small bowl, combine sauce ingredients. Stir well and set aside
2. In medium bowl, combine peanut oil, green onions, cilantro and ginger. Toss to combine.
3. Cut two squares of parchment large enough to hold one filet and half of the vegetables.
4. Place one filet on parchment and top with vegetables and pour over the sauce. Fold over the parchment and crimp the sides in small tight folds to hold everything securely in packet.
5. Place packets in single layer in air fryer basket. Set fryer to 350° F and cook for 15 minutes.
6. Transfer each packet to dinner plate. Cut open with scissors just before serving.