

Miele

Kingfish with lemon verbena and lemongrass

By Maggie Beer

2 hours

Preparation time

3 minutes

Cooking time

4

Serves



INGREDIENTS

4 x 140g kingfish fillets, skin off with blood line removed **To serve**
Fresh lemon
3 lemongrass, finely chopped
4 sprigs lemon verbena leaves picked
Extra virgin olive oil
Salt flakes and freshly ground pepper, to taste

METHOD

1. Place the kingfish, lemongrass and lemon verbena in a stainless steel bowl, drizzle with olive oil and salt and toss to combine. Cover and refrigerate for 2 hours to marinate.
2. Transfer the kingfish with the lemongrass and lemon verbena to a paper lined perforated steam container and Steam at 100°C for 3 minutes.
3. Remove lemongrass before serving.
4. Serve drizzled with extra olive oil, salt flakes, pepper, fresh lemon and salad.

Hints and tips

- Marinating the kingfish is not essential, however the longer the better, even overnight.