



PREP TIME : 5 MIN

COOK TIME : 15 MIN

SERVES : 4

Ingredients :

- **1 tbsp (15 mL) canola oil**
- **3 cloves garlic, minced**
- **1 tbsp (15 mL) minced fresh ginger**
- **1/4 cup (60 mL) VH[®] Reduced Sodium Soya Sauce**
- **2 tbsp (30 mL) Balsamic vinegar**
- **1 tbsp (15 mL) honey or brown sugar**
- **8 baby bok choy, halved (about 8 cups / 2 L)**
- **4 red snapper filets**

Directions :

- 1. Heat oil in large skillet set over medium-high heat. Add garlic and ginger; stir-fry for 30 seconds.**
- 2. Pour in VH[®] Reduced Sodium Soya Sauce, vinegar and honey. Boil gently for about 4 minutes or until reduced to a glaze-like consistency. Remove to bowl.**
- 3. Add 2 tbsp (30 mL) water to pan. Add bok choy; stir-fry for 2 minutes. Arrange fish over bok choy in single layer. Brush glaze evenly over top of fish. Reduce heat and cook, covered, over low heat, for 6 to 9 minutes or until fish flakes easily with a fork.**

TIP:

If Snapper is unavailable, feel free to substitute haddock, halibut, bass or cod. Garnish with julienned



Soya Glazed Snapper

fresh ginger.