

❖ Fish Sinigang ❖

Ingredients

- 3 cups water
- 1lb white fish, cut into 3-4 pieces*
- 1 tomato, cut into wedges
- 1 medium onion, diced
- 1 daikon radish, cut in ½" slices
- 1 chili pepper, minced with seed
- 12 okras (whole)
- 5 cloves garlic (whole)
- 1 small ginger root, minced
- 3 tbsp tamarind paste
- 2 long eggplants, cut in 3" pieces
- 1 cup green pepper leaves (or water spinach, marungay, or Indian spinach)
- 1 tsp MSG



Servings: 4

Prep time: 15 minutes

Cook time: 25 minutes

Total time: 40 minutes



❖ **Recommend Alaskan cod, red snapper, striped bass, rock fish, or flounder with the skin. If using a skinless or non-fatty fish, add sesame oil to taste.*

Instructions

1. In a deep pot, add water, fish, tomato, onion, daikon, chili pepper, okra, garlic, ginger, and tamarind paste. Bring to a boil.
2. Reduce heat and add eggplant. Simmer for 10 minutes, or until eggplant is almost tender.
3. Add green pepper leaves and MSG. Cover and cook until leaves are wilted and until fish reaches an internal temperature of 145°F.
4. Serve hot with a side of rice.

❖ **Optional:** Garnish with sliced green onion.

