

Spicy Sichuan Poached Fish

Experience the bold flavors of this classic Sichuan dish, featuring tender fish fillets poached in a spicy and aromatic broth.

Perfect for those who love a kick of heat and rich flavors.


25 min

Total time

Medium

Difficulty

350

kcal / serving

Ingredients

- 200g white fish fillet (e.g., tilapia or cod)
- 1 tablespoon vegetable oil
- 1 tablespoon Sichuan peppercorns
- 2-3 dried red chilies
- 2 cloves garlic, minced
- 1-inch ginger, sliced
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon chili oil
- Chopped green onions for garnish
- Salt to taste

Steps

- 1** In a skillet, heat the vegetable oil over medium heat. Add Sichuan peppercorns and dried red chilies, frying until fragrant.
- 2** Add minced garlic and sliced ginger, stirring for about 30 seconds until aromatic.
- 3** Pour in 2 cups of water, soy sauce, rice vinegar, and salt. Bring the mixture to a gentle simmer.
- 4** Carefully add the fish fillets and poach for about 5-7 minutes, or until the fish is cooked through and flaky.
- 5** Drizzle chili oil over the fish just before serving and garnish with chopped green onions.