

# Jamaican Steamed Fish

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-doctor-fish-recipe>

## Ingredients:

- 2 whole red snapper about 1 ½- 2 Pounds cleaned and scaled
- 1 whole lime or lemon
- 1 teaspoon chopped fresh thyme
- 1 onion medium, sliced
- 1 teaspoon paprika
- 1 teaspoon minced garlic
- 1/2 teaspoon ginger grated
- 1 medium tomato diced
- 1/2 teaspoon all-spice
- 2 green onions chopped
- 1 whole pepper scotch bonnet, replace with cayenne pepper, adjust to taste
- 1 bell pepper sliced
- 2 cups vegetables or more, Carrots, chayote sliced
- 2 cups fish stock adjust with more or less
- 1 teaspoon bouillon cubes or powder, optional
- 2 tablespoons butter
- salt
- pepper

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 25 milligrams
4. Fat: 14 grams
5. Fiber: 22 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 1100 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Jamaican Steamed Fish above. You can see more 15 jamaican doctor fish recipe Discover culinary perfection! to get more great cooking ideas.