

## **Miso Black Cod with Mushroom and Currant Red Quinoa and Baby Bok Choy**

You will feel like you are at a 5 star restaurant with this elegant and tasty dish!

### **Ingredients**

2 pounds Black Cod fillets, skinless recommended  
3 tablespoons Mirin  
3 tablespoons Sake  
½ cup Miso Paste  
¼ cup Honey  
Baby Bok Choy, halved (optional)  
Grapeseed Oil or other neutral oil to taste  
Fresh ground Sea Salt and Black Pepper to taste

### **Optional Side**

Mushroom and Currant Red Quinoa - See recipe

### **Preparation**

In a small saucepan, bring mirin and sake to a boil. Add miso and whisk until dissolved then whisk in the honey and remove from heat. Pour into a large glass Pyrex to cool. Once cooled, place black cod fillets flesh side down, cover and refrigerate overnight.

Place rack in upper 3rd of oven and set to broil. Lightly brush baking pan with oil, remove fillets from marinade and place fillets flesh side up side by side. Sprinkle with black pepper and broil until golden and flaky, about 12-15 minutes.

While fish is cooking, heat oil in a medium to large skillet on medium-high heat. Sprinkle bok choy with salt and pepper and cook cut side down until lightly browned, about 2 minutes. Flip to other side and continue to cook until slightly tender, about 2 minutes longer.

Serve fish over red quinoa and a side of bok choy.

Serves 4-6