



orange miso cod with soba noodles

There was a time I trembled at the thought of cooking fish. Thanks to this Asian-inspired recipe of Orange Miso Cod and Soba Noodle Salad, I have conquered my cookafishaphobia. I feel so silly...how could I have feared this easy-to-make, delicate orange miso glazed cod perched atop a salad of Japanese soba noodles, juicy orange slices and fresh basil?

SERVES: 4



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ingredients

Soba Noodles

- 8 oz soba noodles
- 4 tbsp white miso paste, mild
- 3 tbsp rice vinegar
- 2 tbsp fresh orange juice
- 2 tbsp canola oil 1 tbsp honey
- 1 tsp finely grated fresh ginger
- 2 medium oranges, peeled and cut into segments
- 2 tbsp thinly sliced fresh basil

Orange Miso Cod

- 4(6-7oz) cod fillets
- ¼ cup white miso paste, mild
- 1 tbsp fresh orange juice
- 1 tsp soy sauce
- 1 tsp brown sugar
- ½ tsp orange zest
- Sesame seeds, for garnish

directions

1. For the soba noodles, in a large pot, bring water to a boil. Generously salt boiling water. Cook soba noodles until tender, 5-6 minutes. Drain and rinse under cold water. Place noodles in a medium mixing bowl and set aside.
2. In a small bowl, whisk miso paste, rice vinegar, orange juice, canola oil, honey and ginger. Pour over soba noodles and add orange segments and basil. Toss gently to combine. Set aside.
3. For the cod, preheat oven to 425°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray. Pat the cod dry with paper towel and place skin side down on baking sheet. In a small bowl, whisk miso paste, orange juice, soy sauce, brown sugar and orange zest. Divide mixture among fillets and spread evenly over the top of the fish. Bake 9 minutes or until the fish is cooked through. Place under broiler for 1 minute to lightly brown the top. Remove from oven.
4. To serve, place fish over soba noodles and sprinkle with sesame seeds.

