

Mushroom & miso cod

ASK FOR

Pacific cod (also known as grey cod or true cod) caught using trap, pot, or long-line methods.

- 2 cod fillets
- 1 small eggplant or several baby eggplants
- 2 servings of your favourite mushrooms
- 1 bunch of green onions

MARINADE

- 2 tbs white miso paste
- 1 tbs mirin
- 2 tsp light soy sauce
- 1 tsp maple syrup
- ½ tsp sesame oil

Serves 2

This is a fast mid-week meal that can be prepared in just 20 minutes.

Before you head out to work in the morning, take 5 minutes to marinate your fish fillets. Combine all of the marinade ingredients in a shallow dish and add the cod fillets. Cover and refrigerate.

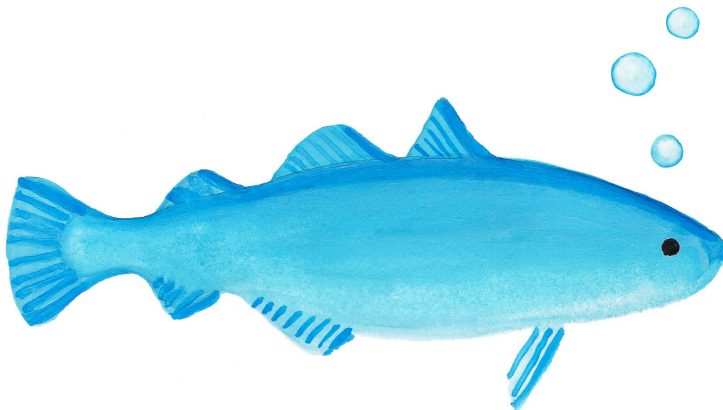
When you come home, your fish is thoroughly infused with flavour and is ready to go. Remove it from the fridge to let it come to temperature while you prepare the other ingredients.

Simply cut up your vegetables and layer them onto parchment paper. Place the fish on the bed of eggplants and green onions, and top it with the mushrooms.

Wrap everything up en papillote*, and bake it in the oven (400°F) for 12-15 minutes. Relax and enjoy with a side of steamed Japanese rice.

*En papillote is a cooking method of folding or wrapping food in parchment paper for baking.

This recipe is courtesy of SeaChoice ambassador Melody Fury, a Vancouver-based food blogger and the founder of Vancouver Food Tour. Visit GourmetFury.com for the original recipe and a step-by-step photo guide.



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