

Miso Glazed Fish with Bok Choy



Sirve:

4 servings as an entree

Pieza:

Saladmaster Food Processor
12" Chef's Gourmet Skillet
small mixing bowl

Valora: ★★★★★☆

Contribuido por:

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Descripción de la Receta:

Firm fish, such as halibut, cod, scrod or salmon, pairs well with this sweet and salty flavored glaze. The fish remains moist and tender and is a nice accompaniment to slightly crunchy bok choy. Place skillet under the broiler right before serving to caramelize the glaze on top of the fish.

Use the 12 in. Electric Oil Core Skillet cover with your 12 in. Chef's Gourmet Skillet.

2 cloves garlic, shredded, use Cone #1
¼ cup
white miso
(69
g)
2 tablespoons
tamari or coconut amino
(30
ml)
¼ cup
maple syrup
(81
g)
1 pound

halibut, cod, scrod or salmon filets, cut in four 4-ounce pieces
(454

g)
3 - 4 baby bok choy, sliced in half length-wise, depending on size
toasted sesame seeds (garnish)
minced red pepper (garnish)

Preparación :

1. In a small bowl, mix together garlic, miso, tamari and maple syrup.
2. Place fish filets in a dish and pour ½ of miso mixture over fish. Set aside and let marinate.
3. Slice bok choy in half length-wise and rinse thoroughly making sure to remove any dirt in between leaves. Shake off excess water.
4. Preheat skillet over medium heat for approximately 5 minutes. When several drops of water sprinkled in skillet skitter and dissipate, add bok choy cut side down, carefully placing one next to another so they all fit in the skillet.
5. Place cover on skillet slightly ajar. Cook for 12 - 18 minutes, until they begin to brown and get tender.
6. Using a turner, carefully turn bok choy over and place marinated fish on top of bok choy. Pour remaining marinade over fish.
7. Place cover on skillet. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 6 - 9 minutes, until fish and bok choy are tender and cooked through.
8. Serve 1 piece of fish with 1 or 2 pieces of bok choy, and drizzle a little of juices over top.
9. Garnish with toasted sesame seeds and minced red pepper, if desired.

Consejos:

- Substitute bok choy for other chopped leafy greens, such as Swiss chard or spinach.
- Substitute bok choy for fresh asparagus or broccoli.
- Serve fish with rice or soba noodles.

Información nutricional por ración

Calorías: 305

Grasa Total: 4g

Grasa 1g

Saturada:

Colesterol: 56mg

Sodio: 1769mg

Carbohidratos: 37g

Fibra 9g

Dietética:

Azúcar: 25g

Proteína: 37g

Analysis calculated using tamari and four heads bok choy