

Pan-Seared Cod

with Soy-Maple Glaze, Baby Bok Choy & Rice Noodles

Baby bok choy is a cruciferous vegetable, like broccoli and kale, that thrives in the colder months. Our Vermont maple syrup is also harvested in the colder months. In late March, sugar maples start transforming the starch they've stored all winter into a sweet sap that's harvested directly from the trunk. The harvested liquid is boiled down to 1/40th of its original volume to make the concentrated, delicious maple syrup in this recipe.



Ingredients

- 6 Ounces Baby Bok Choy
- 2 Cloves Garlic
- 2 Scallions
- 1 1-Inch Piece of Ginger
- 7 Ounces Rice Noodles
- 2 Tablespoons Maple Syrup
- ¼ Cup Soy Sauce
- 2 Cod Fillets

Makes 2 Servings
About 450 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a pot of salted water to boiling on high. Slice the baby bok choy pieces in half lengthwise. Peel and mince the garlic and ginger. Finely chop the scallions on an angle, separating the white bottoms and green tops.



Cook the rice noodles:

Once the water is boiling, turn the heat off and completely submerge the **rice noodles**. Let stand 7 to 9 minutes, or until tender. Drain thoroughly and rinse well under cold water.



Make the maple-soy glaze:

In a small bowl, combine the **ginger, garlic, white parts of the scallions, soy sauce** and **maple syrup**. Stir until everything is evenly distributed.



Cook the baby bok choy:

In a large pan (nonstick, if you have one), heat a couple teaspoons of oil on high until hot. Add the **baby bok choy** and cook 2 to 3 minutes, or until slightly browned. Transfer to a plate.



Cook the fish:

Season the **cod fillets** with salt and pepper on both sides. In the same pan, heat a couple teaspoons of oil on medium until hot. Cook the seasoned cod 3 to 4 minutes per side, or until golden brown and cooked through. (Loosely cover the pan with aluminum foil to help the fish cook faster.) Add the **maple-soy glaze** to the pan and cook 1 to 2 minutes, or until the sauce is slightly reduced in volume and the fish is completely coated. Transfer the glazed fish to a plate, keeping any excess glaze in the pan.



Add the bok choy & noodles:

Rinse the **cooked rice noodles** under water to loosen. Add the noodles and the **browned baby bok choy** to the same pan used to cook the fish (there should be a little glaze remaining in the pan). Cook 2 to 3 minutes, or until thoroughly combined. To plate your dish, divide the noodle-bok choy mixture between 2 dishes and top with a glazed cod fillet. Garnish with the green parts of the scallions. Enjoy!