

Miso Yuzu-Glazed Cod

with Black Rice & Water Spinach

We're using two incredibly flavorful ingredients to make a glaze for roasted cod: red miso paste and yuzu juice. As miso ages, its color changes from white to red—and its flavor becomes distinctly rich in umami. Yuzu juice, from the East Asian yuzu fruit, is tangy and a little sweet, like a cross between grapefruit and mandarin orange. Paired with earthy, black rice and water spinach (a traditional, Asian leafy green related to the morning glory), these ingredients strike a delicious balance.



Ingredients

- 2 Cod Fillets
- $\frac{2}{3}$ Cup Black Rice
- 3 Cloves Garlic
- 2 Scallions
- 1 Bunch Water Spinach

Knick Knacks

- 2 Tablespoons Red Miso Paste
- 2 Teaspoons Light Brown Sugar
- 1 1-Inch Piece Ginger
- 1 Tablespoon Soy Sauce
- 1 Tablespoon Yuzu Juice

Makes 2 Servings

About 530 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Cook the rice:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **rice** and cook 24 to 26 minutes, or until tender. Drain thoroughly and set aside. Rinse and wipe out the pot.

2



Prepare the ingredients:

While the rice cooks, preheat the oven to 400°F. Wash and dry the fresh produce. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Cut off and discard the root ends of the water spinach; roughly chop the leaves and stems.

3



Make the glaze:

While the rice continues to cook, in a small bowl, combine the **miso paste, brown sugar, soy sauce, yuzu juice** and **half the ginger**; whisk until smooth.

4



Roast the cod:

While the rice continues to cook, pat the **cod fillets** dry with paper towels and season with pepper on both sides. Place the seasoned fillets on a lightly-oiled sheet pan; top with $\frac{2}{3}$ of the **miso-yuzu glaze**, spreading to evenly coat. Roast in the oven 12 to 14 minutes, or until the glaze is browned and the fish is cooked through. Remove from the oven.

5



Cook the water spinach & finish the rice:

In the same pot used to cook the rice, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, white bottoms of the scallions** and **remaining ginger**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **water spinach** and season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Add the **cooked rice** and **remaining miso-yuzu glaze**; stir until well combined. Season with salt and pepper to taste and remove from heat.

6



Plate your dish:

Divide the **finished rice** between two plates. Top each with a **roasted cod fillet**. Garnish with the **green tops of the scallions**. Enjoy!