

Sweet Miso Cod

with Snap Peas, Farro & Lime Beurre Blanc

This dish combines the sweet, earthy essence of miso with the citrus bite of lime. The roasted cod is accompanied by crisp sugar snap peas and farro, an Italian whole grain. Farro's nutty, chewy texture is versatile enough to pair with almost any other flavors. Not only is this recipe super fast, but it also explodes with a unique combination of flavors and textures.



Ingredients

- 2 Fillets Cod
- 2 Tablespoons Soy Sauce
- 6 Ounces Sugar Snap Peas
- 3 Cloves Garlic
- 2 Limes
- ½ Cup Farro
- 1 Tablespoon Mirin
- 1 Tablespoon Miso Paste
- 1 Tablespoon Sugar
- 2 Tablespoons Butter

Makes 2 Servings
About 620 Calories Per Serving



Instructions



Marinate the cod & prepare your ingredients:

Preheat the oven to 500°F. Heat a medium pot of salted water to boiling on high. Place the **cod** in a shallow bowl along with the **soy sauce** and allow it to marinate while you prepare the vegetables. Trim the stems off the sugar snap peas. Peel all 3 cloves of garlic. Mince 1 clove, smashing until it resembles a paste. Mince the other 2 cloves. Cut 1 lime into wedges and the other in half.



Cook the farro:

Add the **farro** to the pot of boiling water. Cook 16 to 17 minutes, or until tender. Drain thoroughly and transfer to a bowl.



Roast the cod:

While the farro cooks, combine the **garlic paste**, **mirin**, **miso paste**, and **sugar** in a small bowl. Stir until blended. Place the **marinated cod** on a lightly oiled baking sheet. Spoon the miso mixture on top of each fillet. Roast the cod in the oven 7 to 10 minutes, or until golden brown on top and cooked through.



Cook the sugar snap peas:

In a large pan, heat some olive oil on high until hot. Add the **sugar snap peas** and **minced garlic**. Season with salt and pepper, and cook 1 to 2 minutes, or until bright green and tender-crisp, stirring. Transfer to 2 plates. Remove the pan from the heat.



Make the lime beurre blanc:

Squeeze the **juice of 1 lime** into the still hot pan. Add the **butter** and swirl the pan just until the butter melts. (The sauce should be velvety smooth and very fragrant.) Season with salt and pepper to taste.



Plate your dish:

Spoon a **little beurre blanc sauce** into the **cooked farro** and stir to combine. Season with salt and pepper to taste. Divide the farro between the plates with the snap peas. Place a piece of cod on each plate. Spoon the **remaining sauce** over the top of each plate. Serve with the **lime wedges**. Enjoy!