

GINGER MISO COD & PEAS ONE-PAN RECIPE

by Chef Jernard

Ingredients

- Ginger Miso Marinade Ingredients:
- 1 tablespoon toasted sesame oil
- 1 tablespoon olive oil
- 3 tablespoons miso paste
- 1 tablespoon honey
- 1 tablespoon brown sugar
- 1/4 cup mirin
- 2 teaspoons grated ginger

Additional Ingredients:

- 5 (4-6 oz) pieces of cod
- 2 teaspoons orange zest
- 2 cups sugar snap peas
- 1 ½ cups fresh spring peas (or frozen peas)
- Salt to taste
- Black pepper to taste
- Sesame seeds for garnish optional
- Scallions for garnish optional

Instructions

Preheat the oven to 400°F. Add the sesame oil, olive oil, miso paste, honey, brown sugar, mirin, and grated ginger into a small saucepan over medium-low heat. Stir until combined and remove once heated through and the sugar has dissolved. On a sheet pan lined with parchment paper or a nonstick sheet pan, place the spring peas and sugar snap peas on one side and the cod on the other side. Pat the cod dry and brush generously with the miso marinade on both sides. Season the cod with salt, pepper, and fresh orange zest. Drizzle the remaining marinade over the spring peas and sugar snap peas and toss to combine. Bake for about 10-15 minutes. Thicker cuts of cod could take longer. Serve the cod with the peas and garnish with sesame seeds and scallions if desired.