THE LIGHTER PLATE METHOD

# Miso-Glazed Cod with Pak Choi

A five-minute glaze turns everyday cod into something that tastes like it took real effort.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **10 min** | **12 min** | **22 min** | **2** | **EASY** |

## Ingredients

- 2  cod fillets (about 160g each)
- 2 tbsp white miso paste
- 1 tbsp honey
- 1 tbsp mirin (or rice vinegar with a pinch of sugar)
- 2 heads pak choi (halved)
- 1 tsp sesame oil
- 1 tsp sesame seeds

## Method

1. Heat the oven to 220°C (fan 200°C). Whisk the miso, honey and mirin together to a smooth paste.
2. Brush the cod fillets generously with the miso glaze and leave to sit for 5 minutes while the oven heats.
3. Place the cod on a lined baking tray and roast for 10–12 minutes, until the glaze is caramelised and the fish flakes easily.
4. Meanwhile, steam or stir-fry the pak choi in the sesame oil for 2–3 minutes, until just wilted.
5. Serve the cod on the pak choi, scattered with sesame seeds.

## Tips & swaps

- Grill for the final 2 minutes instead if you want more colour on the glaze — watch it closely as it burns fast.
- Any firm white fish or even salmon works well with this glaze.

## Storage & reheating

Best eaten fresh.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **280** | **32g** | **14g** | **9g** | **3g** |

*Estimated values, for guidance only. Contains: Fish, Soya, Sesame.*