

MISO TROUT WITH BROTHY RICE

MARINADE INGREDIENTS

4 trout fillets (6 oz)
¼ c sugar
3 tbsp mirin
¾ c white miso
1 tbsp rice vinegar
¼ c water

BROTH INGREDIENTS

2 baby bok choy, quartered
8 oz shiitake mushrooms, sliced
2 tbsp olive oil
2 tsp fresh ginger, grated
2 cloves garlic, minced
2 c veggie broth
2 tbsp tamari
1 tbsp sriracha

4 c cooked white rice

GARNISH INGREDIENTS

Green onions
Chili crisp
Sesame seeds

MARINADE

In saucepan over medium heat, combine sugar, mirin, miso, rice vinegar, and water. Heat for several minutes, until sugar is dissolved. Remove from heat and let cool down 15 minutes.

Add fish to bowl and coat with cooled miso mixture. Cover, refrigerate, and let marinade 12 hours or overnight for deeper flavor.

PREHEAT

Preheat oven to 400°.

TROUT BAKING DIRECTIONS

Remove trout fillets from marinade and pat dry with paper towel.

Place trout fillets on parchment lined baking sheet, position on middle rack for 8-10 minutes.

Transfer to high rack and broil for 5 minutes, until trout is blackened.

BROTH DIRECTIONS

In large skillet over medium heat, add olive oil. Once oil is hot add mushrooms and sauté until cooked down, about 10 minutes.

Add ginger and garlic, sauté 2 more minutes. Transfer to a bowl.

Add bok choy to hot pan and sear on all sides until softened, approximately 5 minutes, remove from heat. Transfer to plate.

In same large skillet over medium heat, add bone broth, tamari, and sriracha to pan and bring to simmer.

Turn heat off and add mushroom mixture back to pan.

To serve spoon rice in to a bowl, ladle broth, place bok choy and top with trout. Garnish with green onion, chili crisp, and sesame seeds.