

# MINT 29'S

## BLACK MISO COD

Recipe Courtesy: Executive Chef Chris, Mint 29

### Ingredients:

- cup sake
- cup Mirin
- Cup Miso
- (1/2) Cup Sugar
- Cod Filets

1. Start with 2 tablespoons of extra virgin olive oil bring to medium heat in a pan
2. add miso marinade then place cod fillet gently into the pan and cook for about 5 minutes on each side.
3. Then finish in the preheated oven of 375 degrees for about 3-5 minutes.
4. Add 1 tablespoon of extra virgin olive oil to a new pan to create our power-blend, which includes cabbage, kale, quinoa, peas, carrots, and yellow squash.
5. Sauteed power-blend finishing with our Japanese dressing.
6. Plating includes garnishes of tri-colored baby carrots and rainbow micro greens.