



Sesame Crusted Blue Cod Rainbow Noodle Bowl

Time: 35 minutes

Serves: 4

Ingredients

- 4 High Liner™ Blue Cod Fillets
- 2 tbsp (30 g) white sesame seeds
- 1 tbsp (15 g) black sesame seeds
- 4 tsp (20 g) ground ginger
- 4 tsp (20 g) kosher salt
- 1 tbsp (15 g) white peppercorns, ground
- 2 tbsp (30 ml) vegetable oil
- 8 oz (225 g) crispy rainbow noodles*
- ¼ cup (60 ml) miso-teriyaki sauce*

Directions

- Refrigerate blue cod overnight to thaw.
- Pat fillets dry with a clean towel or paper towel.
- Add the sesame seeds, ginger, salt, and ground white pepper to a small bowl. Mix well.
- Press the top of each fillet into the sesame mixture to create a top crust.
- Heat oil in a non-stick sauté pan over medium-high.
- Add the blue cod to the pan, crust side down. Cook for one minute before reducing the heat to medium. Continue cooking for approximately 2 to 3 minutes.
- Flip the fillets over and cook on the under side for an additional minute, or until an internal temperature of 145°F (65°C) is reached.
- Top each crispy rainbow noodle bowl with one fillet.
- Drizzle with or serve the miso-teriyaki sauce on the side and garnish each bowl with sliced scallions.

This take on the trendy noodle bowl will delight those seeking a healthy and flavourful dish with the texture of a sesame crusted blue cod fillet.



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