

Asian-Inspired Roasted Alaska Rockfish



Preparation Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

4 Alaska Rockfish fillets (about 4 to 8 oz. each), fresh, thawed or frozen

1/3 cup red miso (fermented soybean paste)*

2 Tablespoons dry white wine

2 Tablespoons peanut oil

1 Tablespoon honey

1 Tablespoon minced fresh ginger

1 Tablespoon lite soy sauce or tamari

Juice of one lime, divided

1/4 cup diagonally thin-sliced green onions

2 teaspoons toasted sesame seeds

Description:

Preheat oven to 400°F. Rinse any ice glaze from frozen Alaska Rockfish under cold water; pat dry with paper towel.

In small bowl, blend miso, wine, peanut oil, honey, ginger, soy sauce and 1 tablespoon of the lime juice.

Place fillets onto spray-coated baking pan. Spoon and spread miso mixture over top and sides of fillets. Roast 12 to 18 minutes for frozen rockfish or 6 to 10 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Sprinkle fillets with remaining lime juice, green onions and sesame seeds before serving.

**White miso may be substituted for red miso, omitting the remaining lime juice sprinkled on cooked fillets.*