

Miso Alaska Halibut with Soba Noodle Stir-Fry



Preparation Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 package (12 oz.) prepared soba noodles (or noodle of choice)
- 4 Alaska Halibut fillets (4 to 6 oz. each), fresh, thawed or frozen
- 3 Tablespoons sesame oil, divided
- 2 cups roughly chopped bok choy
- 1-1/2 cups sugar snap peas
- 1 cup sliced mushrooms
- 1/2 cup chopped green onion
- 1/4 cup miso
- 1 cup water
- 1/4 cup teriyaki sauce

Description:

Prepare noodles according to package directions; set aside.

Rinse any ice glaze from frozen Alaska Halibut under cold running water; pat dry with a paper towel. Heat a large nonstick skillet or wok over medium-high heat. Brush both sides of halibut with 1-1/2 tablespoons of the sesame oil. Place fish in heated skillet; cook, uncovered, about 3 to 4 minutes, until bottom side is browned. Shake pan occasionally to keep fish from sticking. Turn halibut over, reduce heat to medium, and cover pan tightly. Cook 5 to 7 minutes for frozen halibut or 2 to 3 minutes for fresh/thawed fish, cooking just until fish is opaque throughout. Transfer fillets to a plate; cover to keep warm.

Wipe out skillet/wok with a paper towel. Add remaining sesame oil. Heat to medium-high, then add and stir-fry the bok choy, snap peas, mushrooms and green onions. Stir in noodles; turn off heat. Cover and keep warm.

In a saucepan, blend the miso, water and teriyaki sauce. Bring to a boil, then reduce heat to simmer and cook 1 minute. Stir sauce into noodle-vegetable mixture. To serve, divide and portion mixture into four bowls or plates. Top each with a halibut portion.

Recipe by Ryan and Sara Hall