

Seared Alaska Sole on Spicy Sesame Noodles



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 8

Ingredients:

Alaska Sole:

2 lbs. Alaska Sole fillets

½ cup soy sauce

Salt and pepper, as needed

3 Tbsp. oil

Spicy Noodles:

2 Tbsp. oil

1 large bok choy, julienned

1 medium red bell pepper, julienned

1 medium carrot, julienned

1 jalapeño, finely diced

3 cloves garlic, minced

32 snow peas, julienned

12 oz. Chinese chow mein noodles or linguine,
cooked, drained and cooled

½ cup soy sauce

2 Tbsp. Asian toasted sesame oil

1 cup cilantro, minced

6 green onions, minced

2 Tbsp. rice vinegar

¼ cup sesame seeds, toasted

Description:

- 1. Alaska Sole:** Brush sole fillets with soy sauce; season with salt and pepper. Heat oil and sear fillets in sauté pan, about 2 minutes per side.
- 2. Spicy Noodles:** Heat oil in sauté pan and add bok choy, bell pepper, carrot, jalapeño and garlic. Cook until just soft. Add snow peas and cook 1-2 minutes more. Toss with chow mein noodles, soy sauce, sesame oil, cilantro, onions and rice vinegar.
- 3. Assembly:** Place on dinner plate, top with sole fillet and sprinkle with sesame seeds.