



# Marinated Black Cod

## Ingredients

- 1/2 cup low sodium Tamari or soy sauce
- 2 teaspoons toasted sesame oil
- 1 medium garlic clove, minced
- 1/2 teaspoon grated fresh ginger
- 1 teaspoon white miso
- 1 1/2 teaspoons maple syrup
- 1/2 tsp of Sriracha (or similar spice sauce. You can kick this up to 1 teaspoon or more if you want the added heat. Don't overdue it!)
- 1 lb black cod portions, skin on

## Directions

1. Mix all ingredients together and marinate the fish flesh side down for 2-3 hours or overnight in the fridge.
2. Preheat the oven to Broil.
3. Remove the fish from the marinade and wipe off any excess.
4. Line a suitable broiling pan with tin foil.
5. When the oven is to temp, gently lay fish flesh side down on the tin foil and place in the oven for 3-6 minutes, depending on the thickness. You want the fish about 5-6 inches from the heat.
6. If the skin blackens and bubbles before the fish is done (opaque and pulls apart easily), finish for a couple more minutes at 400 degrees.