Main dishes / Japan

# cod fillet with sweet pepper and potatoes · Japan

Gently cooked fish, potatoes and sweet pepper make a practical Japan-inspired dinner.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 600 g boneless cod fillet
- ☐ 700 g peeled potatoes
- ☐ 500 g sweet pepper
- ☐ 30 ml neutral cooking oil
- ☐ 25 g white miso paste
- ☐ 10 g finely grated fresh ginger
- ☐ 10 g sesame seeds
- ☐ salt and pepper to taste

## Let's make it.

01 Cut the potatoes into even pieces and boil for about twenty minutes until completely tender.

02 Clean and chop the sweet pepper, then boil or steam for 8 minutes until cooked.

03 Heat the oil in a frying pan. Pat the fish dry and place it carefully in the pan.

04 Cook the boneless cod fillet in a separate pan to at least 63°C at the centre; the fish should flake easily.

05 Plate the fish, potatoes and vegetables. Loosen the listed flavourings with warm cooking water and spoon over.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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