Main dishes / Japan

cod fillet with bean sprouts and potatoes · Japan

Gently cooked fish, potatoes and bean sprouts 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 bean sprouts
- ☐ 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 bean sprouts, then boil or steam for 5 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.

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