



Black Cod Fillets Poached in Five-Spice Broth with Baby Bok Choy and Udon

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp five spice powder
- ☐ 3 heads baby bok choy separated cored thinly sliced (see "It's that easy")
- ☐ 1 carrots peeled thinly sliced (see "It's that easy")
- ☐ 1.8 cups chicken broth
- ☐ 12 oz filets black
- ☐ 1 tbsp sherry dry
- ☐ 2 tsp cilantro leaves fresh minced

- ☐ 1 tbsp ginger fresh minced peeled
- ☐ 1 spring onion thinly sliced (see "It's that easy")
- ☐ 2 servings pepper black freshly ground
- ☐ 1 tsp sesame oil toasted
- ☐ 1 tsp sesame seed
- ☐ 1 tsp soya sauce plus more if needed
- ☐ 1 tsp sugar
- ☐ 3 oz udon noodles
- ☐ 1 tbsp vegetable oil

Equipment

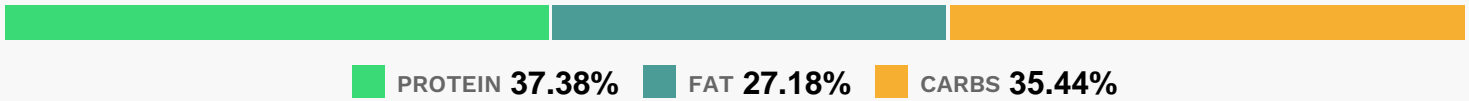
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ whisk

Directions

- ☐ Pat the fillets dry and sprinkle all over with salt and pepper.
- ☐ In a small bowl, whisk together the chicken broth, sherry, soy sauce, sugar, five-spice powder, and sesame oil. Set aside.
- ☐ Heat a 12-in/30.5-cm skillet with a lid over medium-high heat and add the vegetable oil. When the oil shimmers, add the bok choy stems, carrot, and ginger and sauté until the bok choy turns bright green and the ginger is fragrant, about 2 minutes.
- ☐ Add the broth mixture and bring to a simmer.
- ☐ Add the noodles and give them a stir to keep them from sticking. When the broth returns to a simmer, top the noodles and veggies with the fish, bok choy leaves, and green onion. Cover, reduce the heat to low, and simmer until the noodles and fish are tender and cooked through, about 4 minutes. Taste and add more soy sauce or pepper if the mix needs it.

- ☐ Divide the noodles and fish between two warmed shallow bowls and ladle the broth and vegetables over.
- ☐ Garnish with the cilantro and sesame seeds and serve hot.
- ☐ Cutting vegetables on the diagonal is an Asian technique that exposes more cut surface to heat, helping the vegetables to cook faster. They also look prettier cut that way. Just angle your knife and slice away. You'll get the hang of it in no time.Extra hungry?
- ☐ Serve a bigger piece of fish. About 8 oz/225 g should do it.In the glass: Try a Sauvignon Blanc from New Zealand, such as Kim Crawford or Pomelo for tropical fruit and a zesty finish.
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Nutrition Facts



Properties

Glycemic Index:177.63, Glycemic Load:17.82, Inflammation Score:-10, Nutrition Score:21.933913044308%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 424.73kcal (21.24%), Fat: 12.71g (19.55%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 33.4g (12.14%), Sugar: 8.64g (9.6%), Cholesterol: 77.25mg (25.75%), Sodium: 1556.92mg (67.69%), Alcohol: 0.77g (100%), Alcohol %: 0.2% (100%), Protein: 39.32g (78.65%), Vitamin A: 5307.66IU (106.15%), Selenium: 57.71µg (82.44%), Phosphorus: 388.15mg (38.82%), Vitamin K: 29.93µg (28.51%), Vitamin B12: 1.59µg (26.48%), Potassium: 915.28mg (26.15%), Vitamin B6: 0.5mg (24.96%), Vitamin B3: 4.55mg (22.76%), Magnesium: 71.91mg (17.98%), Vitamin B2: 0.27mg (15.9%), Fiber: 3.9g (15.58%), Manganese: 0.29mg (14.45%), Vitamin B1: 0.21mg (14.25%), Vitamin E: 2.01mg (13.39%), Iron: 1.99mg (11.07%), Vitamin D: 1.53µg (10.21%), Copper: 0.17mg (8.51%), Zinc: 1.23mg (8.17%), Calcium: 76.51mg (7.65%), Vitamin C: 5.93mg (7.18%), Folate: 23.79µg (5.95%), Vitamin B5: 0.41mg (4.07%)