



WHATSheATE



Miso-Glazed Sea Bass with Asian Beans & Pickled Cucumber



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



4

CALORIES



486 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cup jasmine rice cooked
- ☐ 0.5 cup edamame beans steamed
- ☐ 0.5 teaspoon asian hot sauce
- ☐ 0.3 cup mirin
- ☐ 0.5 cup miso paste red
- ☐ 4 servings pea shoots sweet
- ☐ 4 servings vegetable oil; peanut oil preferred as needed for pans,

- ☐ 4 servings pickled ginger
- ☐ 0.5 cup rice vinegar
- ☐ 0.5 cup snow peas thinly sliced
- ☐ 2 tablespoon soya sauce
- ☐ 2 tablespoon sugar
- ☐ 4 servings water as needed
- ☐ 0.5 cup long beans (or alternately green beans)

Equipment

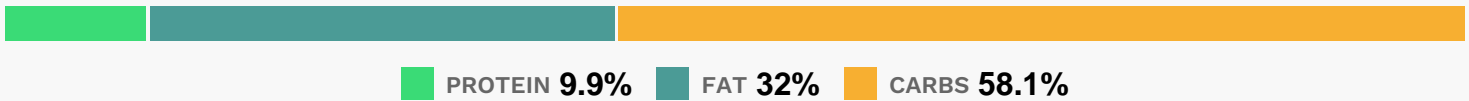
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ wok
- ☐ grill pan

Directions

- ☐ Add the miso to a small bowl, add water to the bowl– 1 or 2 tablespoons at a time until a saucy, but still thick consistency is achieved.
- ☐ Place the sea bass and the ½ cup miso glaze in a zip-lock bag. Coat the fish evenly with the glaze, seal the bag and refrigerate for at least 4 hours or up to 24 hours. Just before cooking the fish, in a bowl, stir together the cucumber, radish, green onion, ¼ cup rice vinegar and 1 tablespoon sugar. Set aside.
- ☐ Heat a lightly oiled grill pan over medium-high heat until nearly smoking.
- ☐ Remove the fish from the marinade, letting excess drip off.
- ☐ Place the fish in the grill pan, and cook about 2 minutes until nice grill marks are achieved, turn the fish 90 degrees and cook on the same side another 2 to 3 minutes. Flip the fish over and repeat the procedure, cooking until the fish is just cooked through, but do not overcook. Meanwhile, in a small bowl, whisk together the remaining 2 tablespoons miso glaze, mirin, remaining ¼ cup vinegar, remaining tablespoon sugar, soy sauce and hot sauce. Set aside.

- ☐ Heat a wok over high heat.
- ☐ Add about 1 tablespoon oil, coating the pan.
- ☐ Add snow peas, long beans and edamame and cook tossing often until al dente, about 3 minutes.
- ☐ Add the reserved miso, mirin, vinegar mixture. Toss well.
- ☐ Serve the beans on top of the rice and the fish on top of everything.
- ☐ Garnish with pickled ginger and sweet pea shoots if you like.
- ☐ Serve the picked cucumber and radish on the side.

Nutrition Facts



Properties

Glycemic Index:91.52, Glycemic Load:56.57, Inflammation Score:-5, Nutrition Score:12.249130517244%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 486.08kcal (24.3%), Fat: 17.22g (26.5%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 70.38g (23.46%), Net Carbohydrates: 66.35g (24.13%), Sugar: 13.3g (14.78%), Cholesterol: 0mg (0%), Sodium: 1926.73mg (83.77%), Alcohol: 1.48g (100%), Alcohol %: 0.34% (100%), Protein: 11.99g (23.99%), Manganese: 1.17mg (58.29%), Selenium: 14.7µg (21%), Vitamin K: 19.16µg (18.25%), Copper: 0.33mg (16.36%), Fiber: 4.04g (16.16%), Vitamin E: 2.37mg (15.81%), Phosphorus: 147.68mg (14.77%), Vitamin B6: 0.27mg (13.74%), Iron: 2.31mg (12.82%), Vitamin C: 10.14mg (12.29%), Magnesium: 48.58mg (12.14%), Zinc: 1.79mg (11.95%), Vitamin B5: 0.89mg (8.91%), Potassium: 289.21mg (8.26%), Vitamin B2: 0.14mg (8.25%), Vitamin B3: 1.48mg (7.41%), Calcium: 72.07mg (7.21%), Vitamin B1: 0.1mg (6.71%), Folate: 22.71µg (5.68%), Vitamin A: 262.82IU (5.26%)