



Teriyaki Black Cod with Sticky Rice Cakes and Seared Baby Bok Choy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 baby bok choy halved lengthwise
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 24 ounce filets skinless black
- ☐ 0.5 teaspoon cornstarch
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced
- ☐ 1 pinch kosher salt

- ☐ 0.5 cup soya sauce low-sodium
- ☐ 0.3 cup mirin
- ☐ 0.8 cup orange juice fresh (from 3 oranges)
- ☐ 0.5 cup scallions light white green thinly sliced for serving (and parts)
- ☐ 1 tablespoon sesame seed toasted for serving
- ☐ 0.8 cup sushi rice
- ☐ 1 tablespoon unseasoned rice vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ pot
- ☐ kitchen towels

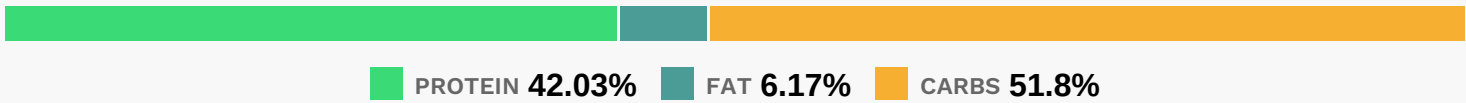
Directions

- ☐ Bring a large pot of water to a rapid boil. Prepare a bowl of ice water.
- ☐ Add the bok choy to the boiling water and cook for 30 seconds.
- ☐ Drain the bok choy and immediately transfer it to the ice water for 2 minutes to cool.
- ☐ Drain the bok choy and set aside on a clean kitchen towel to soak up excess moisture.
- ☐ Prepare the sticky rice cakes.
- ☐ Put the rice in a large bowl and cover with cold water. Use your hand to swish the rice around a few times.
- ☐ Drain and repeat until the water in the bowl is clear; you may need to rinse it several times.
- ☐ Put the rice in a small, heavy-bottomed saucepan and add water to cover by 1 inch. Cover the pan; for best results, do not uncover the pan at any time during cooking. Bring to a boil over medium-high heat, 4 to 5 minutes; you will be able to tell the water is boiling by the large amount of steam pouring out from under the lid. Reduce the heat to low and simmer, covered,

for 10 minutes.

- ☐ Remove the pan from the heat and let stand, covered, for 15 minutes.
- ☐ Spray a small sauté pan with grapeseed oil and heat over medium heat.
- ☐ Add the scallions, garlic, and ginger and cook, stirring, until just softened and fragrant, about 30 seconds. Fold the scallion mixture into the warm, cooked rice along with the vinegar, mirin, salt, and pepper.
- ☐ Line a platter or baking sheet with parchment paper sprayed with oil or with waxed paper. Have a separate bowl of water ready. Dip your hands into the water and scoop up 1/4 cup rice. Form it into a tightly packed cake about 2 inches thick and place the cake on the platter. Repeat with the remaining rice to form five more cakes. Set aside in the refrigerator.
- ☐ Meanwhile, in a small saucepan, combine the soy sauce, orange juice, mirin, and ginger. Bring to a boil and reduce the heat to low. Simmer just until reduced by half, 30 to 40 minutes. In a small dish, mix the cornstarch and 1 teaspoon water and stir this slurry into the simmering sauce. Simmer 30 seconds and remove the pan from the heat.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ With architectural elements modeled after seventeenth- and eighteenth-century Japanese inns, and with programs incorporating Zen philosophies of balancing physical and spiritual health, the spa revolutionized the American spa experience. In addition to the destination spa in Escondido, California, there are also full-service Golden Door resort spas throughout the United States and Puerto Rico.

Nutrition Facts



Properties

Glycemic Index:54.83, Glycemic Load:17.03, Inflammation Score:-10, Nutrition Score:22.959130411563%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 253.74kcal (12.69%), Fat: 1.7g (2.61%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 29.13g (10.59%), Sugar: 6.93g (7.7%), Cholesterol: 48.76mg (16.25%), Sodium: 1021.72mg (44.42%), Alcohol: 0.98g (100%), Alcohol %: 0.33% (100%), Protein: 26.04g (52.08%), Vitamin A: 7733.81IU (154.68%), Vitamin C: 94.65mg (114.73%), Selenium: 41.77µg (59.67%), Phosphorus: 299.77mg (29.98%), Calcium: 237.42mg (23.74%), Manganese: 0.4mg (20.21%), Potassium: 656.74mg (18.76%), Vitamin B6: 0.37mg (18.58%), Vitamin B12: 1.03µg (17.2%), Vitamin K: 17.54µg (16.7%), Magnesium: 66.47mg (16.62%), Vitamin B3: 3.31mg (16.56%), Iron: 2.71mg (15.04%), Vitamin B1: 0.18mg (12.03%), Fiber: 2.97g (11.87%), Vitamin B2: 0.16mg (9.26%), Folate: 34.9µg (8.72%), Copper: 0.16mg (8.01%), Zinc: 1.12mg (7.44%), Vitamin D: 1.02µg (6.8%), Vitamin E: 0.88mg (5.84%), Vitamin B5: 0.5mg (5.03%)