



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### MISO COD

**Time: 15 minutes (plus marinating time)**

**Serves: 4**

#### **Ingredients:**

¼ cup sake  
¼ cup miso paste  
1 tablespoon soy sauce  
4 4-ounce portions boneless cod

#### **Preparation:**

Combine the sake, miso and soy sauce. Place the cod in a zipper seal bag and pour in the marinade. Remove as much air from the bag as possible, seal and refrigerate for thirty to sixty minutes.

Preheat your broiler on high. Place the cod on a rack with a pan underneath and broil for approximately ten minutes or until cooked through.

Serve immediately.

#### **Nutritional Information Per Serving:**

Calories: 129  
Fat: 1g  
Carbs: 1g  
Fibre: 0.3g  
Protein: 26g