



Quick Ginger Soy Sablefish and Asparagus

A quick, delicious, healthy weeknight meal. Serve with steamed rice (basmati or wild rice are good choices). If asparagus is out of season, stir fry bok choy and red peppers for a great veg alternative. If you can't find sablefish, this works with any white fish. Serves 4-5.

Ingredients:

3 Tbsp honey
3 Tbsp soy sauce
3 Tbsp rice vinegar
1 Tbsp lemon juice
2 tsp sesame oil
1 tsp fresh grated ginger
1 fresh grated garlic clove
Drizzle olive oil
1.5 lbs sablefish (black cod) fillets, skin optional
Extra virgin olive oil
Salt and pepper
Two bunches thin asparagus, trimmed of the woody bottoms
Half a lemon

Method:

- Whisk the first eight ingredients in a pyrex dish and add the fish fillets, ensuring they are submerged. Cover and marinate in the fridge for 20 minutes.
- Preheat the oven to 400F with a convection fan, or 425F if no fan.
- Line a half sheet pan with parchment. Pick up fish from the marinade and space evenly apart on the pan. Sprinkle with salt and pepper. Save the marinade.
- Line a second half sheet pan with parchment. Spread asparagus evenly, drizzle with olive oil, season with salt and pepper and mix with clean hands or tongs.
- Put both pans in the oven and cook for 10 minutes.
- Meanwhile, put marinade in a saute pan and simmer on medium until reduced to a glaze (will coat the back of a spoon). Squeeze lemon over asparagus when cooked.
- Serve in bowls, drizzling marinade over. Top with diced green onion if you have it.