

Miso Ginger Glazed Rockfish with Quick Pickled Cucumbers and Brown Rice

Meat/Meat Alternate-Grains-Other Vegetable

Main Dish

12 Servings			
Ingredients	Weight	Measure	Directions
Rockfish fillets, IQF	3 pounds		Spray a sheet pan with nonstick spray. Place IQF Rockfish fillets on sheet pan and slack out in refrigerator for at least 6 hours or overnight. CCP: Hold cold at 41°F or below.
Cucumbers, sliced thin	1 pound	3 cups	Place the sliced cucumbers in a container. Combine rice vinegar, sugar, and salt, stir until the sugar and salt have dissolved. Pour over the cucumbers and stir to combine. Let sit for at least 30 minutes. CCP: Hold cold at 41°F or below.
Rice vinegar, unseasoned		½ cup	
Sugar		1 tablespoon	
Salt		½ teaspoon	
White miso		¼ cup	In a mixing bowl combine the white miso, brown sugar, unseasoned rice vinegar, reduced sodium soy sauce, fresh ginger, and Sriracha chili sauce.
Brown sugar		2 tablespoons	
Rice vinegar, unseasoned		2 tablespoons	Remove the Rockfish from the refrigerator and carefully pour off any liquid that has accumulated in the pan. Spread 1 tablespoon of the miso mixture over each of the Rockfish fillets.
Reduced sodium soy sauce		2 tablespoons	
Fresh ginger, minced or paste		2 tablespoons	Bake the Rockfish in a preheated 400°F convection oven until the fish is just firm and the glaze is set, about 10 minutes. CCP: Cook to an internal temperature of 145°F CCP: Hold hot at 135°F or higher.
Sriracha chili sauce		2 teaspoons	
Brown rice, cooked, hot		3 quarts	
Green onions, thinly sliced		¾ cup	To serve: Place 1 cup hot brown rice in the bottom of a portion container. Place 3 ounces of the cooked Rockfish on top of the rice to one side. Add ¼ cup pickled cucumbers next to the fish. Top with 1 tablespoon sliced green onions and sprinkle with sesame seeds.
White or black sesame seeds, toasted		1 tablespoon	

Serving Size	1 Serving Provides
1 portion	3 oz. equivalents meat/meat alternate, 2 oz. equivalent grains, 1/4 cup other vegetable

Nutrients Per Serving					
Calories	373	Cholesterol	39 mg	Dietary Fiber	5 g
Total Fat	4.9 g	Sodium	491 mg	Sugars	4 g
Saturated Fat	1.0 g	Total Carbohydrates	53 g	Protein	27 g