



Miso-Honey Glazed Cod

with Sticky Crispy Brussels Sprouts & Carrots



30-40min



2 Servings

Miso, a Japanese staple, is made from fermented soybeans mixed with salt and rice (or barley). It adds a deep, savory, umami flavor to all kinds of dishes. Here, we combined miso with sweet honey, grated garlic, and a splash of vinegar to create a sticky, out-of-this-world glaze for cod filets. The glazed fish is served with roasted carrots and Brussels sprouts that are sprinkled with toasted sesame seeds.

What we send

- ½ lb Brussels sprouts
- 1 carrot
- garlic
- 0.63 oz miso paste ⁶
- ½ oz honey
- 2 scallions
- 10 oz pkg cod filets ⁴
- 3 oz Thai sweet chili sauce
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- neutral oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- rimmed baking sheet
- microplane or grater
- medium nonstick ovenproof skillet

Allergens

Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 460kcal, Fat 25g, Carbs 34g, Protein 32g



1. Prep vegetables

Preheat oven to 450°F with racks in the upper and lower thirds. Trim **Brussels sprouts**, removing any outer leaves if necessary, then halve (or quarter, if large). Scrub **carrot**, then cut on an angle into ¼-inch thick slices.



4. Cook cod

Heat **2 teaspoons oil** in a medium nonstick ovenproof skillet over high. Cook **cod** until lightly golden, 3–4 minutes. Brush with **2 tablespoons of the miso-honey mixture**. Transfer skillet to upper oven rack and broil until cod is cooked through and lightly browned, 3–5 minutes (watch closely as broilers vary).



2. Roast vegetables

On a rimmed baking sheet, toss **Brussels sprouts** and **carrots** with **2 tablespoons oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until tender and browned in spots, 15–20 minutes. Remove from oven. Switch oven to broil.



5. Sauce vegetables

Meanwhile, toss **vegetables** with **2 tablespoons Thai chili sauce**. Place on lower oven rack to reheat while **cod** broils.



3. Prep ingredients

Meanwhile, peel and finely grate **¼ teaspoon garlic**. In a small bowl, whisk to combine **miso**, **1 tablespoon vinegar**, grated garlic, **honey**, and **1 tablespoon oil**. Trim **scallions**, then thinly slice. Pat **cod** dry and season all over with **salt** and **pepper**.



6. Finish & serve

Carefully toss **vegetables** with **sesame seeds** and **sliced scallions** directly on baking sheet. In a small bowl, whisk to combine **remaining miso sauce** with **1 teaspoon water**. Drizzle over **cod**, and serve with **vegetables** alongside. Enjoy!