



Seared Rockfish with Soba Noodles

Serves 4

Ingredients

For the Fish:

4 rockfish fillets (about 2 lbs)

Olive oil, as needed

Salt and pepper, to taste

For the Vinaigrette:

2 tablespoons rice vinegar

1 tablespoon tamari

1 teaspoon honey

1 garlic clove, minced

1 teaspoon minced ginger

3 tablespoons olive oil

2 tablespoons sesame oil

For the Salad:

1 medium carrot, cut in long, thin strips

2 red bell peppers, thinly sliced

1 garlic clove, minced

4 scallions, divided (see directions)

1 (8 ounce) package of soba noodles, cooked to package directions

2 tablespoons toasted sesame seeds (optional)

Directions:

FOR THE VINAIGRETTE

In a medium bowl, whisk together rice vinegar, tamari, honey, garlic, ginger, olive oil, and sesame oil.

FOR THE SCALLIONS

Slice scallions in half to separate light green and white parts from dark green parts. Slice dark green parts in thin strips lengthwise. Thinly slice light green and white parts into rounds.

FOR THE ROCKFISH

Heat in a large, preferably non-stick skillet over medium heat, and add enough olive oil to coat the bottom. Season rockfish with salt and pepper. Sear, skin-side down for 4-5 minutes. Turn, cooking for an additional 3-4 minutes until fish begins to firm around the edges and is about to flake. Set aside to rest.

FOR THE SALAD

In the same pan, quickly sauté red pepper strips for 1-2 minutes, until softened. Stir in garlic clove. Toss peppers and garlic with carrots and dark green parts of scallion over soba noodles. Coat with vinaigrette; top with sliced scallion rounds and sesame seeds, if using. Serve rockfish with noodles and enjoy immediately. You can dip in the remaining vinaigrette, too!