

Miso cod ramen

Ingredients

For the cod marinade

- 1 tbsp white miso paste
- 2 tsp mirin
- 1 tbsp soy sauce
- 2.5 cm (1 inch) piece of ginger, peeled and grated
- 1 tbsp sesame oil
- 1 tbsp white miso paste
- 2 tsp mirin
- 1 tbsp soy sauce
- 2.5 cm (1 inch) piece of ginger, peeled and grated
- 1 tbsp sesame oil
- 1 tbsp white miso paste
- 2 tsp mirin
- 1 tbsp soy sauce
- 2.5 cm (1 inch) piece of ginger, peeled and grated
- 1 tbsp sesame oil

For the ramen

- 4 cod fillets
- 3 tbsp vegetable oil
- 200 g soba noodles
- 200 g pak or bok choy

- 500 ml vegetable stock
- 2 tsp light soy sauce
- 1 tsp oyster sauce
- 1 tbsp fish sauce

Instructions

1. Place the marinade ingredients in a wide, shallow bowl and stir to combine. Add the cod fillets and coat well, then cover and leave to marinate in the fridge for at least 30 minutes.
2. Heat 2 tablespoons of the oil in a frying pan or wok over a medium heat until hot and place the cod fillets, skin-side down, into the pan.
3. Pan-fry the fish for 2–3 minutes until the skin is golden brown, then turn and cook for a further 2–3 minutes on the other side. Transfer the fish to a plate and set aside.
4. Bring a pan of salted water to the boil and cook the noodles according to the packet instructions, then set aside.
5. Add the remaining oil to the wok and stir-fry the pak or bok choy until it starts to wilt. Add the vegetable stock to the wok with the soy, oyster and fish sauces and stir to heat through.
6. Divide the noodles between two serving bowls and add the broth. Top with the pak choy and cod, and garnish with the spring onions, menma and a drizzle of chilli oil, to taste.