

Ginger Black Cod with Roasted Vegetables

INGREDIENTS:

- 4 Sena Sea Black Cod portions
- 1 inch Ginger root, shredded or mashed
- 2 Garlic cloves, mashed or crushed
- 2 Tbs Honey (optional)
- 1/4 cup soy sauce
- 1 Tbs sea salt (to taste)
- 1 Tbs sesame seed (optional)

Roasted Vegetables

- 1/2 lb potatoes, cut into wedges
- 1 Sweet potato, cut into wedges
- 1 Onion, cut into wedges
- 1/2 lb brussel sprouts, cleaned and cut in half
- 1/4 head of Cauliflower
- 1/4 head of broccoli
- 4 Garlic cloves, slices
- 2 Tbs Olive Oil
- 1 Tbs Apple Cider Vinegar
- 1 tsp Rosemary
- 1 tsp Thyme
- 1 tsp salt (to taste)
- 1 tsp pepper (to taste)

METHOD:

1. Preheat oven to 475 degrees.
2. Defrost Black Cod portions and rinse in cold water. Place in a glass baking dish, skin side down and pat dry.
3. Sprinkle salt on fish and let it stand while you mix the marinade.
4. For marinade, combine ginger, garlic, honey and soy sauce. I use my high powered blender, but you can whisk by hand as well.
5. Pour marinade over fish and completely coat. Flip fish over so it is skin side up, and marinate for about 20 min.
6. While the fish is marinating, prepare the veggies. Cut all the veggies to a similar size and shape so they cook evenly - I like to use long narrow wedges. Place cut veggies in a bowl and add remainder of ingredients, stirring well to coat.
7. Cover a baking sheet with parchment paper, and evenly spread out the veggies.
8. Drain marinate from the fish, and flip back over so the skin side is down again. Sprinkle with sesame seeds (optional).
9. Place veggies and fish in the oven together. Veggies on a lower rack, and Black Cod above. Bake at 475 degrees for 25 to 30 min.
10. Raise Black Cod to the top rack, and broil on high for about 2 min, until the top is nice and brown.