

# Cod with Hoisin Sauce and Black Bean Polenta

West Coast diners can start with a piece of baked cod tonight. (If you live in the Eastern US, try haddock, pollock or hake.) You may also need to buy frozen fish, but frozen seafood cooks beautifully once thawed. Tonights fish will be dressed with sweet and salty Hoisin Sauce. The fish rests on a dressed Arugula Salad with thin-sliced mango and fennel. Finish each plate with a serving of leftover black bean polenta topped with mango salsa. This meal is a real celebration of color and fresh flavors!

**Preparation time: 45 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize your ingredients on the countertop before you begin. (It's fun to cook when you're organized.) Prep 2 cloves of garlic today: 1 chopped clove for the Hoisin Sauce, 1 whole/peeled clove for the Honey Mustard Dressing. There are 2 preps for the fresh mango: 2/3 C. very thin sliced for the Arugula Salad, 1/2 C. chopped for the Mango Salsa.

### Hoisin Sauce

1 T. low-sodium soy sauce  
2 tsp. creamy peanut butter  
1 T. rice wine vinegar  
1 clove garlic (smashed and chopped)  
1/2 tsp. sesame oil  
1/4 tsp. Asian pepper sauce  
2 tsp. brown sugar  
1/4 tsp. fresh ground ginger  
1 tsp. brown rice miso  
  
2 T. low-sodium vegetable broth

### Baked Cod

8 oz. cod fillets  
  
1 T. lemon juice  
1 tsp. low-sodium soy sauce

### Mango Salsa

1/2 C. fresh mango (chopped)  
1/2 C. Low-sodium Tomato Salsa (leftovers)

### Arugula Salad and Dressing

#### Honey Mustard Dressing:

1 clove garlic (whole, peeled)  
3 T. onion (chopped)  
2 T. olive oil  
2 tsp. Dijon mustard  
Pinch of salt  
2 tsp. honey  
2 T. rice wine vinegar  
3 T. low-sodium vegetable broth

#### Arugula Salad

2 C. washed arugula  
2/3 C. fresh mango (very thin sliced)  
1/2 C. fresh fennel (very thin sliced)

### Leftover Polenta

two 3/4" thick slices grilled polenta  
1 C. Mango Salsa

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Begin by preheating the oven to 400°. Assemble arugula salad and dressing, make Hoisin Sauce and bake the fish. Finish the rest of the meal while the fish is baking.

#### Honey Mustard Dressing:

#### **Dressing/Arugula Salad**

Microwave garlic and onion 30 seconds on high. Place garlic and onion in a food processor with other dressing ingredients and blend until creamy smooth.

#### Arugula Salad:

Place washed arugula in a large bowl and toss with 1/4 C. of the above dressing.

Set sliced mango and fennel and dressed arugula aside until you're ready to plate.

#### **Hoisin Sauce**

Mix all Hoisin Sauce ingredients except broth in a small bowl. Microwave 1 minute on high. Stir well. Thin the cooked sauce to a desired consistency with low-sodium vegetable broth. The sauce should be thick but it should easily drizzle off of a spoon. Set aside.

#### **Baked Cod**

1. Place fillets in an oiled baking dish and cover with lemon juice/soy sauce mixture.
2. Slide fish into preheated 400° oven and bake 15 minutes. (If baking haddock, pollock or hake, the fillets will be smaller and need to cook only 11-12 minutes.)
3. Remove fish from oven and dress each fillet with 3 tsp. Hoisin Sauce before serving.

#### Mango Salsa:

#### **Mango Salsa and Plate**

1. Toss finely chopped mango with Low-sodium Tomato Salsa (or commercial salsa). Set aside.
2. Warm 40 seconds in the microwave just before serving.

#### Plate

1. Divide dressed arugula between two dinner plates. Divide thin sliced mango and fennel over each plate of dressed greens.
2. Warm leftover grilled polenta slices 2 minutes in the microwave. Place 1 slice of polenta over the arugula salad right next to the fish fillet on each dinner plate.
3. Spoon 1/2 C. mango salsa over each polenta slice. Enjoy!

#### **What I've Learned from this Recipe**

Depending upon where you live, cod may not be a reliable or sustainable seafood option. On the West coast of the U.S., cod has excellent ratings. That's not the case on the East coast.

One of the most trusted sources for information on sustainability or contaminants concerning seafood is the EWG Guide - [https://www.ewg.org/foodscores/products/?category\\_group=Seafood](https://www.ewg.org/foodscores/products/?category_group=Seafood) The EWG ranks Atlantic Cod as a species to avoid. However, haddock, pollock and hake are all ranked well as options to cod.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)