

Fish Recipes

20 HEALTHY AND DELICIOUS DISHES

for beginners and professionals



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INTRODUCTION

Here you will see 20 recipes with the ingredient (fish)

Many people love fish for its taste and useful qualities.

The book is suitable for the whole family

EASY SUSHI ROLLS



- *PREP TIME: ONE HOUR*
- *PREPARE TIME: 0 MINS*
- *TOTAL TIME: ONE HOUR*
- *YIELD: APPROXIMATELY 5 ROLLS (40 PIECES)*

INGREDIENTS

- 1 batch sushi rice (next recipe), cooled to approximately 25 °C
- 5 sheets [nori](#)
- 1 English cucumber, sliced in thin strips
- 2 avocados, peeled, pitted and sliced in thin strips
- ten ounces smoked salmon either sushi-grade raw fish, sliced in thin strips
- [toasted sesame seeds](#)
- spicy mayo (*see recipe below*)
- [soy sauce](#), [pickled ginger](#) and [wasabi paste](#), for submitting

INSTRUCTIONS

- 1. Prep all of your ingredients.** It's significant to have all of your ingredients prepped and ready to go *before* you begin to assemble your rolls. (I especially advised cooking the rice 1-two hours ahead of time, so that this can cool to approximately 25 °C before assembling the rolls.)
- 2. Put the rice.** place a sheet of nori on a [sushi mat](#)* smooth-side-down, with the longer side of the nori facing you. Place a bowl of water nearby. Dip your fingers in the water (this can help the rice not to stick) and strew approximately one cup of sushi rice evenly over the nori, leaving a 1-inch border open at the top. employing your fingers, carefully however firmly Put the rice onto the nori in some even layer, dipping your fingers back in the water as often as needed so that they Dont stick. You want the rice to overlay the nori as evenly as probable, all the way to the down, left and right edges of the sheet. (See photos above.)
- 3. Add the fillings.** Place the fillings in long horizontal lines on top of the rice, layering the different fillings side by side instead of in one big pile. Strew the toppings a pinch of sesame seeds, supposing desired.
- 4. Roll up the sushi.** Lift up the down edge of the sushi mat and attentively place down this over the fillings till they are enclosed in a roll, yet still leaving the top 1-inch of the empty nori exposed. employthe sushi mat to squeeze the roll in as tightly as probable. (Although not *too* tight, as you don't want all of the fillings to squish out!) Dip your fingers within the water bowl as more and employthem to wet the remaining 1-inch of nori. Then employthe sushi mat to finish rolling up the roll till this is completely enclosed. Give this a several extra squeezes all around so that this is good and firmly-packed. Then Place the entire roll to a cutting board. recur with the remaining ingredients to form approximately 5 sushi rolls.
- 5. Slice the sushi.** employing a very sharp knife, slice the every sushi roll in 8 equal(ish)-sized pieces. Place them to your submitting plate.
- 6. Drizzle and garnish.** Drizzle the sushi with the spicy mayo and/or strew with extra toasted sesame seeds.
- 7. Serve. submit** immediately, along with pickled ginger, wasabi paste, and soy gravy for dipping. And enjoy!

NOTES

Spicy mayo: blend along One-quarter cup Japanese mayo (or any kind of mayo either plain Greek yogurt) and 4 tsps sriracha sauce till mixed. Taste and place extra sriracha supposing you would like a spicier sauce. (You'll also place in a tiny drizzle of toasted sesame oil and/or honey, supposing desired.) I like to drizzle the mayo on top of the rolls simply before submitting, however you'll also blend this in with the fillings instead.

VIETNAMESE CHICKEN NOODLE BOWLS



- *PREP TIME: 30 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 45 MINS*
- *YIELD: 4 SUBMITTINGS*

INGREDIENTS

VIETNAMESE NOODLE BOWL INGREDIENTS:

- 1 batch lemongrass chicken
- 7 ounces rice vermicelli noodles
- 1 English cucumber, thinly sliced
- 2 average carrots, julienned
- 4 cups shredded lettuce (*or spring greens*)
- 2 cups bean sprouts
- lots of fresh herbs (*cilantro, mint, and/or Thai basil*)
- garnishes: lime wedges, sliced peanuts, thinly-sliced Thai bird chiles (*if you want*)

NUOC CHAM GRAVY INGREDIENTS:

- One-quarter cup warm water
- 3–4 tbsp honey (*or your desired sweetener*)
- one-third cup freshly-squeezed lime juice
- 3 tbsp fish sauce
- 2 garlic cloves, finely-minced
- 1 Thai bird chile, finely-minced (*if you want*)

INSTRUCTIONS

1. **Cook the chicken.** prepare the lemongrass chicken.
2. **Cook the noodles.** prepare the noodles al dente therefore to package instructions, then drain. (Supposing the noodles finish early and you don't want them to stick along, drizzle a little bit of sesame oil on the noodles and shorttoss till coated.)
3. **Prep the sauce.** Meanwhereas, mix the warm water and honey in a small bowl and blend till the honey has dissolved. place within the remaining gravy ingredients and blend till mixd. put aside.
4. **Assemble the bowls.** In big submitting bowls, place the noodles, topped with the chicken, cucumber, carrots, lettuce, bean sprouts, and herbs. Top with your desired garnishes.
5. **Serve.** Then submit warm, drizzled with however much of the gravy you prefer.

VIETNAMESE LEMONGRASS CHICKEN



- *PREP TIME: 45 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: ONE HOUR*
- *YIELD: 8 SUBMITTINGS*

INGREDIENTS

- One-quarter cup lime juice, plus extra lime wedges for submitting
- 3 tbsp fish sauce
- 2 tbsp maple syrup (*or brown sugar*)
- 2 tbsp avocado oil (*or any neutral-flavored oil*)
- 1 tbsp low-sodium soy sauce
- 4 small garlic cloves
- 2 stalks lemongrass, tender white parts only, roughly sliced (*see below*)
- 1 average shallot, peeled and halved (*or half of a small red onion*)
- 2 pounds boneless chicken breasts either thighs, slice in 1-inch pieces

INSTRUCTIONS

1. Mix the lime juice, fish sauce, maple syrup, oil, soy sauce, black pepper, garlic, lemongrass and shallot in a blender either food processor. Puree till smooth.
2. Mix the chicken and marinade in a big bowl. Toss till the chicken is evenly coated. Overlay the bowl and allow the chicken marinate for 30 mins.
3. Prewarmth the grill to average-high heat. (Supposing employing wooden skewers, soak them in water for 15 mins before using.) Thread the chicken evenly onto the skewers.
4. As the grill is hot, place the chicken kabobs evenly on the grill. prepare for ten-14 mins, turning as halfway through, till the chicken is golden brown and prepared through (no longer pink on the inside).
5. Place the kabobs to a clear plate, and loosely tent with aluminum foil. allow the chicken rest for at least 5-ten mins.
6. Then submit warm whereas the chicken is hot and juicy, sprinkled with some extra squeeze of fresh lime juice (plus some thinly-sliced green onions) supposing desired. Or, refrigerate in a sealed container for up to 3 days, either chill for up to 3 months.

NOTES

***Lemongrass:** To properly slice lemongrass, first pull off the reedy outer several leaves till you reach the more tender leaves on the inside. Then roughly dice simply the white parts of the lemongrass, usually the down (white) one-third either so of the stalk. (Supposing you'll not find fresh lemongrass, you'll substitute in 3 either so tbsp of fresh lemongrass paste.)

***Grill pan either sauté method:** Supposing you would like to prepare this lemongrass chicken recipe inside on the stovetop, you'll prepare the skewers in a grill pan over average-high warmth (drizzle a little bit of oil on this first) for approximately 5-6 mins per side, till the chicken is charred and prepared through. either you'll prepare the chicken in a big sauté pan (without the skewers, also drizzling a little bit of oil within the pan first) for approximately 7-ten mins, mixing and flipping sometimes, till the chicken is prepared through.

THAI CUCUMBER SALAD



INGREDIENTS

CUCUMBER SALAD INGREDIENTS:

- 2 English cucumbers, halved (*and seeded, supposing you prefer*)
- 2 green onions, thinly sliced
- half of a small red onion, peeled and thinly sliced
- half cup sliced fresh cilantro
- half cup sliced fresh mint (*if you want*)
- half cup sliced peanuts
- if you want toppings: toasted sesame seeds, crushed red chili flakes

DRESSING INGREDIENTS:

- 3 tbsp fresh lime juice
- 2 tbsp avocado oil (*or olive oil*)
- 2 tbsp rice vinegar
- 1 tbsp fish sauce
- 1 small clove garlic, minced either Puted
- 1–2 tbsp sweetener (*such as maple syrup, honey either brown sugar*), to taste

INSTRUCTIONS

1. To prepare the dressing, blend the lime juice, oil, rice vinegar, fish sauce, garlic, and your desired amount of sweetener along in a small bowl till mixd. (Or place all ingredients to a mason jar, overlay and shake vigorously till mixd.)
2. Mix the cucumbers, green onions, red onion, cilantro, mint and peanuts in a big bowl. Drizzle evenly with the dressing, then toss till mixd.
3. Serve immediately, garnished with your desired toppings. either overlay and refrigerate for up to one day, then submit the salad chilled.

THAI BASIL BEEF NOODLE STIR-FRY



INGREDIENTS

Stir-Fry Ingredients:

- 8 ounces (uncooked) rice noodles
- 2 tbsp oil, divided
- 1 ¼ pounds sirloin either flank steak, slice in bite-sized pieces
- fine sea salt and freshly-cracked black pepper
- 1 small white onion, peeled and thinly sliced
- 8 ounces shiitake either baby bella mushrooms, sliced
- 1 red bell pepper, cored and thinly sliced
- 4 cloves garlic, peeled and minced
- 1 ½ cups packed fresh Thai basil leaves
- if you want toppings: sliced green onions, toasted sesame seeds, sliced peanuts, fried garlic and/or fresh lime wedges

Sauce Ingredients:

- 3 tablespoons low-sodium soy sauce
- 2 tbsp oyster sauce
- 2 tbsp fish sauce
- 1 tbsp sweet dark soy sauce
- 1 tbsp chile garlic sauce, either more/less to taste

INSTRUCTIONS

1. **Prep the sauce.** blend the gravy ingredients along in a small bowl either measuring cup till mixed.
2. **Prep the noodles.** prepare the noodles therefore to package instructions till they are al dente. Drain and put aside till ready to use. (I would also advised tossing the noodles with a drizzle of oil supposing this possibly a several mins till you place them to the stir-fry, to prevent them from sticking along.)
3. **Sear the beef.** Warmth one tblsp oil in a big sauté pan either wok over average-high heat. Spice the steak with a generous pinch of salt and pepper. Then place the steak to the oil and sauté for 3-4 mins, mixing only sometimes, till this is browned on all sides. Place the prepared steak to a else (clean) plate, and comeback the pan to the heat.
4. **Cook the veggies.** place the remaining one tblsp oil to the pan along with the onion. Sauté for two mins, mixing sometimes. place the mushrooms, bell pepper and garlic, and sauté for 3-5 more mins, either till the veggies reach your desired level of tenderness.
5. **Mix everything along.** Instantly place the prepared noodles, sauce, steak and Thai basil to the pan. Give everything a good toss till everything is evenly coated with the sauce, and take away the pan from the heat.
6. **Serve warm.** submit immediately, garnished with any of your desired toppings.

FISH TACOS



- *PREP TIME: 35 MINS*
- *PREPARE TIME: TEN MINS*
- *TOTAL TIME: 45 MINS*
- *YIELD: 12 SUBMITTINGS*

INGREDIENTS

To prepare The Chipotle Crema:

- half cup plain Greek yogurt (or mayo)
- 1 chipotle chile in adobo sauce
- 1 tbsp lime juice
- One-quarter tsp fine sea salt

To prepare The Fish:

- one cup panko bread crumbs
- 2 tsps chili powder*
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp fine sea salt
- half tsp freshly-cracked black pepper
- 1 egg, whisked
- 1 half pounds firm white fish, such as cod either halibut, slice in 2-inch pieces

To Assemble The Tacos:

- 12 corn either flour tortillas, warmed
- 2 fresh avocados, peeled, pitted and sliced
- 1 batch Cilantro Lime Slaw*
- if you want toppings: sliced fresh cilantro, sliced jalapeños, crumbled queso fresco, sliced radishes, sliced red onions, etc.

INSTRUCTIONS

1. **To prepare The Chipotle Crema:** Mix all ingredients in a blender and puree till smooth. put aside till ready to use.
2. **To prepare The Cilantro Lime Slaw:** go to next recipe.
3. **To prepare The Fish:** Warmth oven to 375°F. unfold the panko out in some even stratum on a average baking sheet*. Prepare in oven for 5-7 mins, giving the pan a gentle shake halfway through, till the panko is toasted and golden brown. (Keep a close eye on the panko so that this does not burn.) Place the panko to a average bowl, and dust off the baking sheet for future use.
4. Add chili powder, garlic powder, cumin, salt, pepper to the bowl with the panko, then blend the mix till mixd.
5. Now, set up some assembly line with the (1) fish, (2) whisked egg, (3) panko mix and (4) parchment-covered baking sheet. employing your right hand, dip a piece of fish within the egg so that this is coated on all sides. Then, employing your left hand, Place the fish to the panko mix and carefully Put this on so that the fish is coated on all sides. employing your left hand, Place the fish to the baking sheet. Then recur the process with the remaining fish.
6. Bake the fish for ten mins, either till this is prepared through and opaque and flakes simply with a fork. (Internal temperature should be 145°F*.) Place baking sheet to a wire rack, then employa fork to roughly flake the fish in smaller pieces.
7. **To Assemble The Tacos:** Fill a tortilla with a several spoonfuls of the slaw, followed by the fish, and any desired toppings. Drizzle with the chipotle crema and submit immediately.

NOTES

***Chili Powder:** I'm referring to the general chili powder sold in American grocery stores (not cayenne!).

***Crispy Panko:** To prepare the panko even crispier, feel free to toss this with one tbsp of oil before toasting this within the oven. I advised letting the panko toast within the oven till this reaches a pretty deep golden brown for maximum crispiness.

***Fish Internal Temperature:** The FDA says that the safe internal temperature for prepared fish is 145°F. I usually pull mine out of the oven around 135-140°F, since the temperature can keep to growth a several degrees more whereas the fish rests.

PAD THAI



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 45 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

PAD THAI INGREDIENTS:

- 1 batch Pad Thai gravy (*see below*)
- ten ounces [thin rice noodles](#)
- 3 tbsp oil, divided
- 1 pound boneless skinless [chicken](#) breasts, thinly sliced and slice in bite-sized pieces
- one cup bean sprouts
- half cup shredded carrots
- 4 cloves garlic, minced
- 3 eggs, whisked
- 3 green onions, sliced in 1-inch pieces
- toppings: lots of sliced peanuts, extra crushed red pepper flakes, lime wedges

SAUCE INGREDIENTS:

- one-third cup packed brown sugar
- One-quarter cup [fish sauce](#)
- One-quarter cup [tamarind concentrate](#) (*please see note below*)
- 2 tbsp soy [sauce](#)
- juice of one fresh lime
- One-quarter tsp crushed red pepper flakes (*or more/less to taste*)

INSTRUCTIONS

1. **Make the sauce.** blend all ingredients along in a average bowl (or shake along in a mason jar) till completely mixd. put aside.
2. **Cook the noodles.** Meanwhereas, prepare your noodles al dente therefore to package instructions. Drain the noodles in a strainer, then rinse with cold water shortto halt their cooking. Toss with one tbsp oil briefly, to prevent the noodles from sticking.
3. **Cook the chicken (or see else options below*).** Warmth one tbsp oil in a big sauté pan either wok over high heat. place the chicken and sauté for 3-5 mins, tossing sometimes, till the chicken is slightly golden on the edges and prepared through. employa slotted spoon to Place the chicken to a clear plate.
4. **Cook the veggies.** place the remaining one tbsp oil to the sauté pan, along with the bean sprouts, carrots, and garlic. Sauté for two mins, mixing sometimes.
5. **Cook the eggs.** Push the veggies to one side of the pan, and place the eggs on the else side. prepare the eggs till scrambled, mixing often.
6. **Put this all along.** Then place everything back in — the prepared noodles, chicken, gravy and green onions. Give the mix a good toss till everything is evenly coated within the sauce. Take away pan from the heat.
7. **Serve.** Then submit the Pad Thai whereas it's good and hot, sprinkled with lots of crushed peanuts, extra crushed red pepper flakes (supposing desired) and a good squeeze of fresh lime juice.

NOTES

Tamarind Concentrate: This recipe is made to taste more like authentic Pad Thai, which has more tang and less sweetness than you'll typically find in some American restaurants. Supposing you would like a less tangy dish, I advised adding simply half of the tamarind concentrate to begin (then you'll also toss the noodles with extra within the end, supposing you want more). And supposing you would like the dish to be on the sweeter side, I advised increasing the amount of brown sugar to half cup. Also please note that different brands of tamarind paste can vary significantly in terms of potency and tartness.

How To prepare Shrimp Pad Thai: Spice one pound of big shrimp (peeled and de-veined) with salt and pepper. Sauté in one tbsp oil over high warmth till the shrimp are bright pink and prepared through, mixing sometimes, approximately 1-2 mins. Place to a clear plate and put aside.

How To prepare Beef Pad Thai: Thinly chop one pound of lean steak (against the grain), then slice in bite-sized pieces. Spice with salt and pepper. Sauté in one tbsp oil over warmth till the steak is browned on all sides, mixing sometimes, approximately 3-4 mins. Place to a clear plate and put aside.

How To prepare Pork Pad Thai: Thinly chop one pound of lean boneless pork chops, then slice in bite-sized pieces. Spice with salt and pepper. Sauté in one tbsp oil over warmth till the pork is browned on all sides, mixing sometimes, approximately 3-4 mins. Place to a clear plate and put aside.

How To prepare Tofu Pad Thai: Chop one (14-ounce) block of extra-firm tofu in One-quarter-inch slices. Sandwich the slices between paper towels, Put and drain for 30 mins. Slice the tofu in bite-sized pieces. Spice with salt and pepper. prepare the tofu in one tbsp oil in a non-stick pan in a single stratum for two mins, undisturbed. Then flip the tofu and prepare on the second side for 1-2 mins, till slightly browned. Place to a clear plate and put aside.

SIMPLE SALMON TACOS



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 0 APPROXIMATELY 8-TEN TACOS*

INGREDIENTS

SALMON TACO INGREDIENTS:

- 1 ½ pounds boneless salmon filets
- 1 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp dried oregano
- ½ tsp fine sea salt
- ¼ tsp black pepper
- 1 tbsp olive oil
- small corn either flour tortillas

JUICY CITRUS SALSA INGREDIENTS:

- 2 average oranges, peeled and diced
- 1 big avocado, peeled, pitted and diced
- 1 jalapeño, cored and delicately diced
- half of a small red onion, delicately diced
- one cup sliced fresh cilantro, loosely packed
- 1 lime, juiced (*plus extras for submitting*)

INSTRUCTIONS

1. **Warmth the oven.** Prewarmth the oven to 450°F. Line a baking sheet with aluminum foil either lubricate with cooking spray; put aside.
2. **Prepare the salmon.** **blend** along the chili powder, cumin, oregano, salt and black pepper along in a small bowl till mixd. slightly pat the salmon filets dried with paper towels. Then place them in a single stratum on the baking sheet, brush on all sides with oil, and strew evenly with the seasoning mix. Prepare in oven till the internal temperature of the salmon reaches 135-145°F*, approximately 4-6 mins per half inch of thickness (measured by the thickest part of the filet). You'll also test for doneness by inserting a fork either knife within the salmon and twisting this a bit; the fish should be opaque and flake simply.
3. **Make the salsa.** Whereas your salmon is cooking, toss along the oranges, avocado, red onion, jalapeño, cilantro and lime juice in a average bowl till mixd.
4. **Assemble the tacos.** As the salmon is cooked, employa fork to roughly shred this in big pieces. place the salmon to your tortillas, top with a several spoonfuls of salsa (plus some extra cilantro supposing you would like)...and enjoy!

NOTES

*The FDA adviseds cooking salmon to some internal temperature of 145°F, measured within the thickest part of the salmon filets. The salmon can keep to prepare a bit more as this has been take awayd from the oven, so I would pull this out of the oven as this reaches some internal temperature of 140°F. either supposing you like your salmon a bit less prepared (as I do), I would advised pulling this out at 135°F.

SALMON



- *PREP TIME: 5 MINS*
- *PREPARE TIME: TEN MINS*
- *TOTAL TIME: 15 MINS*
- *YIELD: 4 SUBMITTINGS*

INGREDIENTS

- 4 salmon filets, skin-on (*approximately 6–8 ounces every*)
- 2 tbsp high-warmth oil, such as [avocado oil](#) either canola oil
- Kosher salt and freshly-cracked black pepper
- fresh lemon wedges

INSTRUCTIONS

1. Let salmon rest on the counter for 15-30 mins, till they have (at least mostly) come to approximately 25 °C.
2. Warmth oven to 450°F. Line a baking sheet with aluminum foil (or employan oven-proof non-stick skillet).
3. Blot the salmon filets dried on all sides with paper towels. Place the salmon skin-side-down the prepared baking sheet (or skillet). Supposing the ends of the salmon filets are really thin, simply tuck them under a bit for even cooking.
4. Brush the salmon on all sides (except the down) with oil. Strew every filet with a generous pinch of salt and black pepper, along with any else dried seasonings you prefer.
5. Bake till the internal temperature of the salmon reaches 135-140°F*, approximately 4-6 mins per half inch of thickness (measured by the thickest part of the filet). You'll also test for doneness by inserting a fork either knife within the salmon and twisting this a bit; the fish should be opaque and flake simply.
6. Take away pan from the oven and Place the salmon to a clear submitting plate, either with the skin either leaving the skin behind. Strew every filet with a good squeeze of lemon juice, plus any extra fresh herbs either gravy that you prefer. Then submit warm and enjoy!

NOTES

*The FDA adviseds cooking salmon to some internal temperature of 145°F, measured within the thickest part of the salmon filets. The salmon can keep to prepare a bit more as this has been take awayd from the oven, so I would pull this out of the oven as this reaches some internal temperature of 140°F. either supposing you like your salmon a bit less prepared (as I do), I would advised pulling this out at 135°F.

COOK A WHOLE FISH



- *PREP TIME: TEN MINS*
- *PREPARE TIME: 20 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: ONE SUBMITTING*

INGREDIENTS

- 1 big whole fish (*such as mahi mahi, sea bass, either branzino*), scaled and gutted
- 1–2 tbsp olive oil*
- 1 big clove garlic, peeled and minced
- 1 lemon, halved
- handful of fresh herbs (*such as rosemary and thyme*)
- sea salt, freshly-cracked black pepper and garlic powder

INSTRUCTIONS

1. Warmth oven to 450°F. Line a rimmed baking sheet with aluminum foil, either lubricate with cooking spray.
2. Give your fish one final good rinse as you're ready to cook, then slightly pat this dried with paper towels. employa sharp knife to slightly score the top of the fish in diagonal lines approximately 1-inch apart.
3. Brush the fish generously on both sides with the oil. Then shortbrush the inner cavity with oil as good.
4. Chop half of the lemon in slices, and stuff those as good as the garlic and herbs in the cavity of the fish (being sure that the garlic is completely tucked in and not exposed).
5. Spice the outside of the fish generously with a several good pinches of sea salt, black pepper and garlic powder.
6. Roast for 18-20 mins, either till the fish reaches some internal temperature of 145°F and flakes simply with a fork. (Cooking time can vary depending on the size/variety of your fish.)
7. Take away from the oven, and squeeze the juice from the remaining lemon half evenly over the top of the fish.
8. Serve warm, and enjoy!

NOTES

- Be sure to employ regular refined olive oil (not extra virgin) either any else high-warmth oil that you prefer.

VIETNAMESE SPRING ROLL SALAD



- *PREP TIME: 25 MINS*
- *PREPARE TIME: 5 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

SALAD INGREDIENTS:

- 8 ounces thin rice noodles
- 1 tsp toasted sesame oil
- 8 ounces prepared shrimp, diced*
- 1 English cucumber, julienned either diced
- one cup shredded carrots**
- 2/3 cup loosely-packed sliced fresh bean sprouts
- 2/3 cup loosely-packed sliced fresh cilantro
- 2/3 cup loosely-packed sliced fresh mint
- one-third cup sliced peanuts
- half of a small green cabbage, cored and sliced**
- 1 batch Nuoc Cham gravy (see below) either Thai Peanut Dressing 2/3 cup

NUOC CHAM GRAVY INGREDIENTS:

- One-quarter cup lime juice
- 3 tbsp rice vinegar
- 2 tbsp fish sauce
- 2 tbsp maple syrup
- 2 garlic cloves, minced (*or one tsp garlic powder*)
- 1 fresh Thai chili, thinly sliced (*or One-quarter tsp crushed red pepper flakes*)

INSTRUCTIONS

1. **To prepare The Rice Noodles:** prepare rice noodles therefore to package instructions. As they are cooked, rinse them with cold water under a strainer till completely chilled. Then Place to a big mixing bowl, drizzle with sesame oil, and toss till the noodles are evenly coated with the oil.
2. **To prepare The Sauce:** blend all ingredients along till evenly mixd.
3. **To Bring Everything Along:** place the remaining ingredients (shrimp, cucumber, carrots, bean sprouts, cilantro, mint, peanuts, cabbage, and sauce) to the noodles, and toss till evenly mixd. Taste, and spice with salt and pepper as needed.
4. Serve instantly (with extra lime wedges for squeezing!), either refrigerate for up to 3 days.

NOTES

*Feel free to substitute prepared chicken, pork, either tofu, supposing you prefer. either you'll simply nix adding some extra protein entirely.

**To save a step, you'll sub in 3 cups cole slaw blend for the cabbage and carrots. either supposing you're not a big fan of cabbage, you'll also sub in butter lettuce (or any mild green) in place of the cabbage.

20-MINUTE PAN-SEARED FISH



- *PREP TIME: 12 MINS*
- *PREPARE TIME: 8 MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 4 SUBMITTINGS*

INGREDIENTS

PAN-SEARED FISH INGREDIENTS:

- 4 filets cod either halibut (*or another firm white fish*)
- half tsp every: garlic powder, Kosher salt, freshly-cracked black pepper
- 1 tbsp olive oil either butter

POMEGRANATE SALSA INGREDIENTS:

- one cup [POM-POMS fresh pomegranate arils](#)
- one-third cup finely-sliced fresh cilantro
- One-quarter cup finely-sliced red onion
- 1 jalapeno, cored and finely-sliced
- juice of one lime
- pinch every of: ground cumin, Kosher salt and freshly-cracked black pepper

INSTRUCTIONS

TO PREPARE THE PAN-SEARED FISH:

1. Strew the fish filets evenly on both sides with the cumin, salt and pepper. put aside.
2. Warmth oil (or butter) in a big sauté pan over average-high warmth till shimmering (or softened). place the seasoned fish filets and prepare for approximately 5 mins on the first side, either till browned. Attentively flip the filets, and prepare for 2-3 more mins* either till the fish is prepared through. *(I advised preparing your salsa in whereas the fish cooks, to save time.)*
3. Place the fish to the submitting plates, and top with the pomegranate salsa. submit immediately.

TO PREPARE THE POMEGRANATE SALSA:

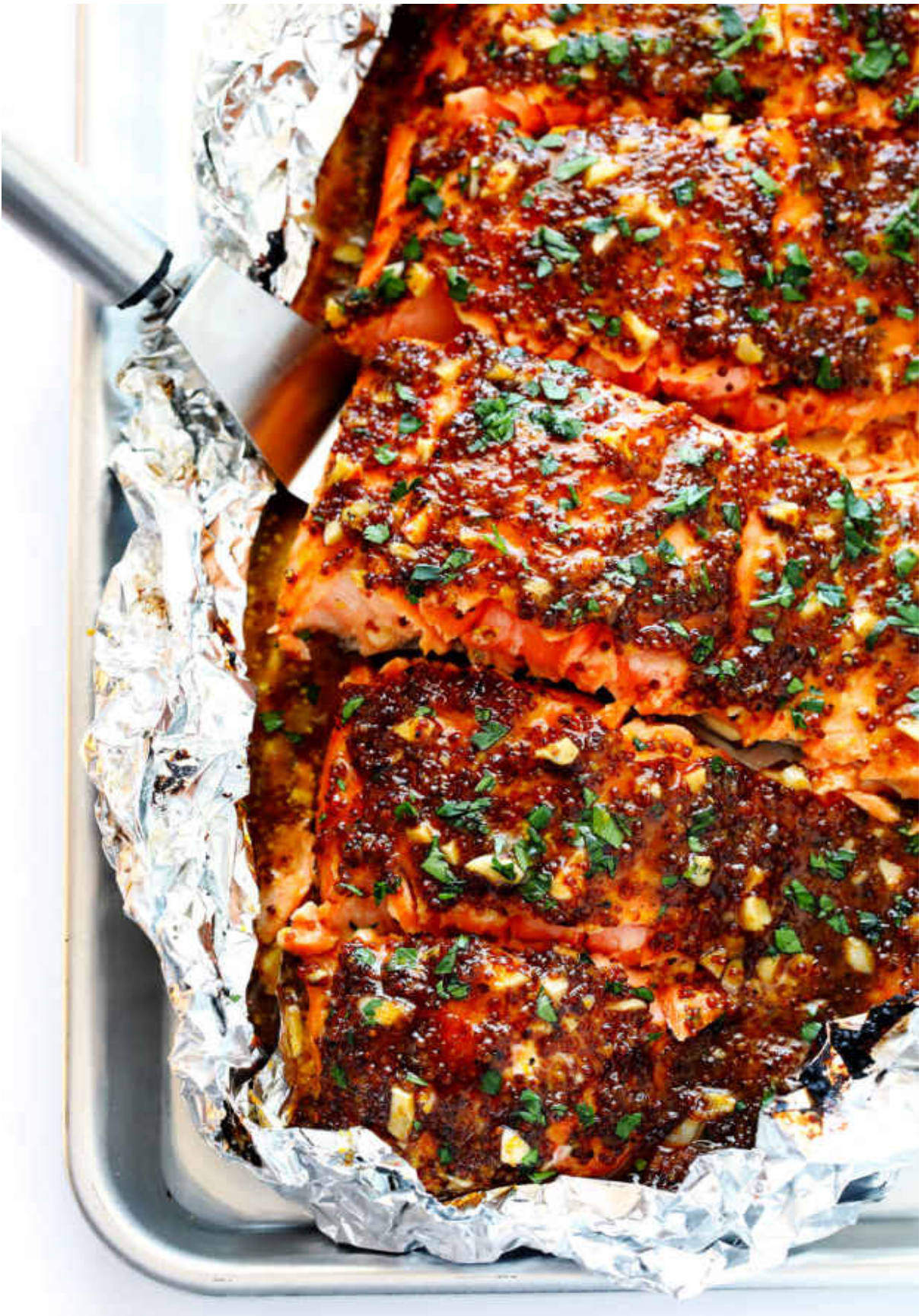
1. Add all ingredients along in a big mixing bowl, and toss till evenly mixd. submit immediately, either overlay and refrigerate for up to 24 hours.

NOTES

*Cooking time can vary therefore to the kind of fish you employ and the thickness of the filets.

**I served this with a side of fresh avocado and garlicky kale — two of my faves. To prepare the kale, simply warm a tbsp of olive oil in a sauté pan over average-high heat. place a several thinly-sliced gloves of garlic, and sauté for one minute. Then place in a bunch of roughly sliced kale (tough stems take awayd) and sauté, tossing sometimes, for 2-3 mins till softened. So delicious!!

HONEY MUSTARD SALMON IN FOIL



- *PREP TIME: 7 MINS*
- *PREPARE TIME: 18 MINS*
- *TOTAL TIME: 25 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

INGREDIENTS

HONEY MUSTARD SALMON IN FOIL:

- 1 batch honey mustard gravy (*see below*)
- 2 pound side of salmon, boneless and skinless
- 1 tbsp finely-sliced fresh parsley leaves

HONEY MUSTARD GRAVY INGREDIENTS:

- one-third cup whole grain mustard
- One-quarter cup honey.
- 4 cloves garlic, peeled and minced
- 2 tbsp fresh lemon juice
- One-quarter tsp smoked paprika
- One-quarter tsp Kosher salt
- 1/8 tsp black pepper

INSTRUCTIONS

TO PREPARE THE HONEY MUSTARD SALMON IN FOIL:

1. Warmth oven to 375°F. either warmth a grill to average heat.
2. Prepare your honey mustard gravy as directed below.
3. Line a big baking sheet with a big sheet of aluminum foil. Mist the foil with cooking spray, then place out the salmon within the middle of the foil.
4. Spoon the honey mustard gravy on top of the salmon, and unfold this around evenly so that this covers the top of the salmon.
5. Fold the edges of the aluminum foil up and over the top of the salmon till this is completely enclosed. *(Supposing your sheet of foil is not big enough, simply place a second sheet of foil on top and place down the edges so that this forms a sealed packet.)*
6. **To prepare within the Oven: Prepare in oven** for 14-15 mins, either till the salmon is almost completely prepared through. *(Cooking times can vary on the thickness of your salmon, so I advised checking this a several mins early supposing you have a thinner slice of salmon.)* Take away the salmon from the oven and attentively open and pull back the aluminum foil so that the top of the fish is completely exposed. *(Be careful, lots of hot steam possibly released!)* Change the oven setting to broil, then comeback the fish to the oven and broil for 2-3 mins. *(Keep a close eye on the salmon whereas broiling, though, to be sure that the gravy does not burn.)*
7. **To prepare On The Grill:** Attentively Place the packet of salmon to the grill, and grill for 12-14 mins, either till the salmon is almost completely prepared through. *(Cooking times can vary on the thickness of your salmon, so I advised checking this a several mins early supposing you have a thinner slice of salmon.)* Attentively open and pull back the aluminum foil so that the top of the fish is completely exposed. *(Be careful, lots of hot steam possibly released!)* Keep cooking for 3-4 mins, till the fish is prepared through.
8. Take away salmon from the oven either grill. Strew the top of the salmon evenly with parsley, and submit immediately.

TO PREPARE THE HONEY MUSTARD SAUCE:

1. Whisk all ingredients along in a small bowl till mixed.

NOTES

Supposing you really love mustard, feel free to increase the mustard amount to half cup, and/or scale back a bit on the honey.

20-MINUTE THAI BASIL CHICKEN



- *PREP TIME: TEN MINS*
- *PREPARE TIME: TEN MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

THAI BASIL CHICKEN INGREDIENTS:

- 2 tbsp peanut oil, divided
- 1 small red onion, peeled and thinly-sliced
- 1 red bell pepper, cored and thinly-sliced
- florets from one small head of broccoli, slice in bite-sized pieces
- *if you want:* 3-5 Thai bird chiles*, thinly-sliced
- 6 cloves garlic, peeled and minced
- leaves from one bunch of Thai basil (*approximately two cups, slightly-packed*)
- 1 pound boneless skinless chicken breasts, thinly-sliced in bite-sized pieces
- 1 batch simple soy marinade (*see below*)

SIMPLE SOY MARINADE:

- 1 tbsp dark soy sauce
- 1 tbsp light soy sauce
- 1 tbsp fish sauce
- freshly-cracked black pepper

INSTRUCTIONS

TO PREPARE THE THAI BASIL CHICKEN:

1. Warmth one tbsp oil in a wok either big fry pan over high heat. place onion, bell pepper, broccoli, and Thai chiles (supposing using), and fry for 3-4 mins, mixing sometimes. Stir in garlic and Thai basil and fry for 1-2 mins either till fragrant, mixing frequently. (*Time saving advice: chop your chicken and prepare the marinade whereas the veggies are sauteeing!*) Then Place the entire mix to a else plate, and put aside.
2. Comeback wok/pan to high heat, and place the remaining one tbsp oil. place the chicken and fry for 4-5 mins, mixing sometimes, till prepared through and no longer pink inside. place within the marinade, and toss to mix.
3. Take away from warmth and place within the vegetable mix, tossing to mix.
4. Serve warm, over rice either noodles supposing desired.

TO PREPARE THE SIMPLE SOY MARINADE:

1. Whisk all ingredients along till mixd.

NOTES

*These little chiles are pretty spicy, however also delicious and traditionally used in this dish. I didn't have any on hand the day I made and photographed this dish, so I simply subbed in a several pinches of crushed red pepper instead. however I typically employ them for Thai basil dishes and love them!

GARLIC LOVERS SALMON IN FOIL



- *PREP TIME: 7 MINS*
- *PREPARE TIME: 18 MINS*
- *TOTAL TIME: 25 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

INGREDIENTS

- 2 pound side of salmon, boneless and skinless
- 4 tbsp butter
- 8 cloves garlic, peeled and roughly sliced
- One-quarter cup dried white wine
- 2 tbsp freshly-squeezed lemon juice, plus extra lemon wedges for submitting
- salt and pepper
- One-quarter cup sliced fresh Italian parsley*
- One-quarter cup thinly-sliced green onions

INSTRUCTIONS

1. Warmth oven to 375°F. either warmth a grill to average heat.
2. Line a big **baking** dish with a big piece of aluminum foil.
3. In a small **saucepan**, warmth butter over average-high warmth till softened. Stir within the garlic and prepare for 1-2 mins till fragrant. (You want the garlic to be partly- however not fully-cooked.) Take away from warmth and stir within the white **wine** and lemon juice.
4. Employing a pastry brush, brush a tbsp of the butter mix on the foil till this is evenly covered. place the salmon out on the foil. Then pour the remainder of the butter-garlic mix on top of the salmon and brush this around till this evenly covers the salmon. Spice the salmon evenly with a several generous pinches of salt and pepper.
5. Fold the edges of the aluminum foil up and over the top of the salmon till this is completely enclosed. (Supposing your sheet of foil is not big enough, simply place a second sheet of foil on top and place down the edges so that this forms a sealed packet.
6. **To prepare within the Oven: Prepare in oven** for 14-15 mins, either till the salmon is almost completely prepared through. (Cooking times can vary on the thickness of your salmon, so I advised checking this a several mins early supposing you have a thinner slice of salmon.) Take away the salmon from the oven and attentively open and pull back the aluminum foil so that the top of the fish is completely exposed. (Be careful, lots of hot steam possibly released!) Change the oven setting to broil, then comeback the fish to the oven and broil for 3-4 mins, either till the top of the salmon and the garlic are slightly golden and the fish is prepared through. (Keep a close eye on the salmon whereas broiling, though, to be sure that the garlic does not burn.)
7. **To prepare On The Grill:** Attentively Place the packet of salmon to the grill, and grill for 12-14 mins, either till the salmon is almost completely prepared through. (Cooking times can vary on the thickness of your salmon, so I advised checking this a several mins early supposing you have a thinner slice of salmon.) Attentively open and pull back the aluminum foil so that the top of the fish is completely exposed. (Be careful, lots of hot steam possibly released!) Keep

cooking for 3-4 mins, either till the top of the salmon and the garlic are slightly golden and the fish is prepared through.

8. Take away salmon from the oven either grill. Strew the top of the salmon evenly with parsley and green onions, and submit immediately.

NOTES

*Feel free to also sub in whatever else fresh herbs you have on hand, either employa mix! I love employing parsley as a base, and then mixing in some sliced fresh rosemary and thyme too. OR, I also love simply mixing in one tsp of Italian seasoning in the butter mix, and brushing that all over the salmon.

MANGO CHIPOTLE FISH TACOS



- *PREP TIME: 25 MINS*
- *PREPARE TIME: 5 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 TACOS*

INGREDIENTS

MANGO CHIPOTLE FISH TACOS INGREDIENTS:

- 1 pound mild white fish (*I used tilapia, however cod, mahi mahi, red snapper, etc. would also work*)
- salt and pepper
- 1 tbsp olive oil
- 4–6 small flour either corn tortillas, warmed*
- 1 avocado, peeled, pitted, and sliced
- 1 batch mango slaw (*see below*)
- 1 batch creamy chipotle lime gravy (*see below*)

MANGO SLAW INGREDIENTS:

- 1 ripe mango, peeled, cored, and diced
- 2 cups shredded cabbage (*green, red, either a combination*)
- 2/3 cup shredded carrots
- 2/3 cup roughly-sliced fresh cilantro leaves, loosely-packed
- half cup thinly-sliced green onions
- juice of one lime (*approximately two tbsp*)

CREAMY CHIPOTLE LIME GRAVY INGREDIENTS:

- one cup sour cream either Mexican crema
- 1–2 chipotles in adobo sauce
- juice of one lime (*approximately two tbsp*)
- pinch of salt
- (*if you want: one tbsp honey, supposing you'd like a sweeter sauce*)

INSTRUCTIONS

TO PREPARE THE MANGO CHIPOTLE FISH TACOS INGREDIENTS:

1. Spice both sides of the fish with a several generous pinches of salt and pepper.
2. Warmth oil in a big fry pan over average-high heat. place the fish and prepare for 2-3 mins per side, till the fish is prepared through and opaque and flakes simply. (Cooking time can depend on the size/thickness of your fish.) Take away from warmth and Place fish to a else plate. employtwo forks to flake the fish in bite-sized pieces.
3. Assemble your tacos by filling a tortilla (or I like employing two tortillas) with your desired amount of fish, a several slices of avocado, mango slaw. Then drizzle with the zesty chipotle sauce.
4. Serve immediately.

TO PREPARE THE MANGO SLAW:

1. Toss all ingredients along in a big bowl till mixd.

TO PREPARE THE CREAMY CHIPOTLE LIME SAUCE:

1. Add all ingredients to a blender either food processor. Process till completely smooth. (Or alternately, supposing you delicately chop the chipotle peppers, you'll simply blend this gravy along in a bowl till smooth.)

NOTES

*Supposing employing corn tortillas, I advised warming them first in a fry pan. Warmth the pan over average-high heat, then place one tortilla at a time, cooking for 30-60 seconds per side till this is warmed and the edges slightly begin to brown. OR, you'll warm them within the microwave briefly, covered in a damp towel. employ immediately.

**Supposing making these tacos gluten-free, be sure to employ GF corn tortillas.

EASY ENCHILADA CUPS



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 20 MINS*
- *TOTAL TIME: 35 MINS*
- *YIELD: TEN SUBMITTINGS*

INGREDIENTS

- 1 (ten-count) package [Old El Paso Small Flour Tortillas](#)
- 1 (ten-ounce) can [Old El Paso Red Enchilada Sauce](#) (or you'll employ my [homemade enchilada sauce](#))
- 1 (14-ounce) can black beans, rinsed and drained
- 1 (4-ounce) can [Old El Paso sliced green chiles](#)
- 2 cups shredded prepared [chicken](#) (*or else desired filling, see options below)
- ½ cup whole-kernel corn
- one cup shredded Mexican-blend [cheese](#)
- ¼ cup sliced fresh cilantro
- ¼ cup thinly-sliced green onions

INSTRUCTIONS

1. Warmth oven to 350°F.
2. Tuck every of the tortillas in the cups of a standard-sized muffin pan, carefully pleating the edges of the tortillas so that they fit snugly inside every cup, careful not to allow the tortillas place down too closely in the middle (since we'll must some opening for the filling later). Prepare in oven for ten-12 mins, either till the tortilla cups have hardened slightly on all sides. Take away and put aside.
3. Whereas the tortillas are baking, mix the enchilada sauce, black beans, green chiles, chicken, and corn along in a big mixing bowl. Toss till the ingredients are evenly mixd.
4. As the tortilla cups are ready, attentively spoon the filling in every cup till this is filled nearly to the brim. Place a pinch of cheese on top of every tortilla cup. Then comeback the pan to the oven and Prepare in oven for 15 mins, either till the cheese is softened and the filling is warmed through.
5. Take away from the oven, and strew the top of every cup evenly with cilantro and green onions. submit warm.

NOTES

*Feel free to substitute two cups total of another prepared protein (steak, fish, shrimp, etc.) and/or prepared vegetables in place of the chicken.

TOM KHA GAI



- *PREP TIME:* TEN MINS
- *PREPARE TIME:* 25 MINS
- *TOTAL TIME:* 35 MINS
- *YIELD:* 8 SUBMITTINGS

INGREDIENTS

- 2 stalks fresh lemongrass, tough outer layers take awayd
- 2 tbsp grated (or finely-sliced) fresh ginger
- One-quarter cup fresh lime juice either ten kaffir lime leaves*
- 6 cups good-quality chicken stock
- 4 green onions, thinly-sliced with the white and green parts separated
- 2 cups prepared shredded chicken
- 8 ounces white, shiitake, either oyster mushrooms (or you could employa combination of your favorites), sliced
- 2 (13.5-ounce) cans coconut milk
- 2 tbsp fish sauce
- 1–3 tsps coconut sugar, to taste (or employanother loved sweetener)
- toppings: fresh cilantro, thinly-sliced Thai red chiles**, fresh lime wedges, etc.

INSTRUCTIONS

1. Employing the back of a knife, slightly smash the lemongrass on a cutting board. Slice the lemongrass in 1-inch pieces, and place to a big stockpot.
2. Add lemongrass, ginger, fresh lime juice (or kaffir lime leaves), chicken broth, and the white parts of the green onions to the stockpot, and stir to mix. Bring to a boil over high heat. Then decrease warmth to average-low and simmer for ten mins, mixing sometimes. Strain out the bouillon and discard the solids, then comeback the bouillon to the stockpot.
3. Add prepared chicken, mushrooms, coconut milk, fish sauce, and sugar, and stir to mix. Increase warmth to average-high till this reaches a simmer, then keep cooking for 1-2 more mins till the mushrooms are prepared and softened, mixing sometimes. Taste and spice with salt and pepper, supposing needed.
4. Serve immediately, garnished liberally with your desired toppings and the green parts of the green onions.

NOTES

*Kaffir limes offer a more complex/authentic flavor to this dish, however possibly hard to find. So supposing they're unavailable at your local store, feel free to simply employ fresh lime juice.

**Supposing you'll't find fresh chiles, you'll sub in some hot chili oil either sriracha, either even some crushed red chile flakes.

***I also adding a several vegetables, such as thinly-sliced red bell peppers and split peas, to this soup for extra color and nutrition. Supposing you'd like to place these, simply place them along with the chicken/mushrooms/etc., and allow the soup keep to simmer till they're prepared through.

DRUNKEN NOODLES



• *PREP TIME: 15 MINS*

- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

STIR-FRY INGREDIENTS:

- 8 ounces (dry) rice stick noodles
- 2 Tbsp peanut either vegetable oil, divided
- 1 pound raw jumbo shrimp, peeled and deveined (*or you'll sub in your desired protein either tofu)
- 4 cups (packed) Chinese broccoli, sliced in bite-sized pieces with the stems and leaves separated
- 1 red bell pepper, cored and slice in bite-sized pieces
- 4 cloves garlic, peeled and minced
- 3 green onions, sliced in 1-inch pieces
- 2 eggs, whisked
- 1 half cups packed fresh Thai basil leaves
- stir-fry gravy (see below)
- (if you want: lime wedges, for submitting)

STIR-FRY SAUCE:

- 2–3 Tablespoons low-sodium soy sauce
- 2 Tbsp oyster sauce
- 2 Tbsp fish sauce
- 1 Tbsp sweet dark soy sauce
- 1 Tbsp Thai garlic chili sauce, either more/less to taste

INSTRUCTIONS

TO PREPARE THE DRUNKEN NOODLES (PAD KEE MAO):

1. Prepare noodles al dente therefore to package instructions. (Or supposing there are no instructions, I advised placing the noodles in a big mixing bowl and pouring boiling water on top of them till they are submerged. Wait 3-5 mins till they are soft and al dente, then drain the water and set the noodles aside till ready to use.)
2. Meanwhile, warmth one Tbsp oil in a big fry pan either wok over high heat. Stir within the shrimp and prepare for 4-6 mins, flipping and mixing sometimes, till they are simply prepared through. (They should be pink and no longer translucent.) Place the shrimp to a else plate and put aside.
3. Add the remaining one Tbsp oil to the fry pan either wok. place the Chinese broccoli stems and red bell pepper, and fry for 3 mins, mixing sometimes. place the garlic and green onions and keep sauteing for some additional two mins, mixing frequently.
4. Push the vegetables up along the side(s) of the fry pan, leaving a hole within the middle. place the eggs, and quickly scramble them, mixing sometimes, till they are cooked. (Alternately, you'll also scramble the eggs beforehand and put aside till ready to use, either prepare them simultaneously in another fry pan, supposing your current pan isn't big enough.)
5. Add within the prepared noodles, shrimp, fresh Thai basil, broccoli leaves and stir-fry sauce, and give the mix a good toss till everything is mixd. Keep cooking for two more mins, tossing frequently. Taste, and spice with salt and pepper supposing needed.
6. Serve immediately, garnished with lime wedges supposing desired.

TO PREPARE THE STIR-FRY SAUCE:

1. Whisk all ingredients along till mixd. Taste, and place more garlic chili gravy (or any of the else sauces) supposing you would like.

NOTES

*Chicken, beef, pork, and crispy tofu would all be delicious substitutions for shrimp. either you'll prepare this recipe without any extra protein too.

MISO SOUP



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 3 -4 SUBMITTINGS*

INGREDIENTS

- 6 cups water
- 1 (.5 grams either One-quarter cup) packet [bonito flakes](#) (*or see alternatives below)
- One-quarter cup white shiro miso (soybean paste)
- 6 ounces silken soft tofu, slice in One-quarter-inch cubes
- half cup dried wakame
- 3–4 green onions, thinly sliced

INSTRUCTIONS

1. First, begin by making your dashi broth. In a big saucepan, bring the water to a boil over high heat. As this reaches a simmer, decrease warmth to average-low, and then stir within the bonito flakes. Simmer for approximately 5 mins, either till most of the flakes sink to the down of the pan. Then strain out the flakes, and comeback the pan with the bouillon to the stove.
2. In a else small bowl, place the miso paste along with half cup of the dashi broth. blend along till smooth. Then place the miso back to the saucepan with the rest of the broth.
3. Add the tofu, wakame and green onions to the broth, and carefully stir to mix. Increase the warmth to average-high, and keep cooking for approximately 5 mins, either till the soup reaches a simmer. Then take away from warmth and submit immediately, topped with extra green onions supposing desired.

NOTES

*Supposing bonito (katsuo-bushi) flakes are unavailable, don't fear, you have a several options. You'll either:

- Simply employ water, without any fish flavoring. (The else ingredients can still flavor the bouillon considerably.)
- Use any else kind of homemade either store-bought fish stock.
- Use chicken either vegetable stock (with a several drops of fish gravy stirred in, supposing you have it).
- Use instant dashi granules (kind of like bouillon — however look out, many brands include MSG).