Miso Cod with Edamame Mash and Blistered Tomatoes

2 cod fillets, each with half the edamame mash and tomatoes | Active 20 min | Cook 25 min | Total 40 min

Ingredients

- 2 medium potatoes, peeled and cut into 3/4-inch/2 cm cubes (300 g prepared)
- 2 cups frozen shelled edamame (300 g)
- 4 teaspoons olive oil (20 ml), divided: 2 teaspoons for mash, 1 for pan and 1 for tomatoes
- 1 tablespoon lemon juice (15 ml)
- 3 tablespoons water (45 ml), divided: 1 tablespoon for mash and 2 for glaze
- 2 cod fillets, about 6 1/3 oz/180 g each (360 g total)
- 1 1/2 tablespoons white miso (25 g)
- 1 teaspoon honey (7 g)
- 1 2/3 cups cherry tomatoes (250 g)
- 1/4 teaspoon ground black pepper (0.5 g)

Set out

Medium saucepan, Potato masher, Broiler-safe metal pan, Small skillet, Food thermometer

Allergens

Fish (cod), Soy; some miso contains barley or wheat, check label. Check labels and substitutions.

Make it

1. Put potatoes in a saucepan, cover generously with water and bring to a boil. Simmer for 10–12 minutes, then add edamame and cook for 5–6 minutes, or the longer time required by its package, until potatoes are tender and beans cooked. Drain well.

2. Mash potatoes and edamame roughly with 2 teaspoons oil, lemon juice, 1 tablespoon measured water and half the black pepper. Cover and keep warm briefly.

3. Position the oven rack so fish will sit about 6 inches/15 cm below the broiler. Heat the broiler. Brush the broiler-safe metal pan with 1 teaspoon oil. Pat cod dry and place on the pan. Mix miso, honey and the remaining 2 tablespoons measured water; spread evenly over both fillets.

4. Broil for 6–10 minutes, watching closely, until the thickest part of each fish fillet reaches 145°F/63°C. If glaze darkens too quickly, finish in a 400°F/200°C oven with the broiler off.

5. While fish cooks, heat the remaining 1 teaspoon oil in the skillet over medium-high heat. Add tomatoes and cook for 4–6 minutes, shaking occasionally, until blistered and starting to soften. Add the remaining black pepper. Serve each fillet over half the mash with half the tomatoes.

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Estimated nutrition per serving

Calories: 565 kcal | Protein: 54.7 g | Carbohydrate: 49.2 g | Fat: 18.5 g | Fiber: 12.6 g. One of 2 servings. Batch yield: 2 cod fillets, each with half the edamame mash and tomatoes. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A complete plate without a second grain pot

Potato and edamame already form the substantial base, so this recipe does not require rice or bread to make sense as a meal. Plate the mash first and have the tomatoes ready before lifting the cod, which is easiest to move once while hot.

A useful detail

No added salt is included because miso contributes substantial seasoning. Fish thickness matters more than weight alone; use the thermometer to judge the final cooking time.

Another way

Use haddock fillets of similar thickness and cook to 145°F/63°C.

Replace half the cherry tomatoes with halved small plum tomatoes, keeping 250 g total and cooking until the cut faces soften.

Keep it well

Refrigerate fish, mash and tomatoes in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days. Reheat leftovers gently but completely to 165°F/74°C, adding a little water to the mash as needed. Transport chilled portions with two cold sources.