

Hoisin Miso Salmon Trout

- 2 T [pale miso](#)
- 2 T [hoisin sauce](#)
- 2 lb [salmon trout filet](#) or salmon

Mix miso and hoisin sauce, then coat the fish with the pan asian marinade. Cover and marinate from 30 minutes to several hours. Preheat oven to 420F and roast the salmon trout for about 10 minutes, using foil to cover thinner parts once they are cooked. Check for doneness after 8 minutes by cutting down the center lengthwise. Serves 6.

Baby Bok Choy

- 1 lb [baby bok choy](#), halved lengthwise
- 2 scallions, chopped
- 2 t coconut oil
- 1 clove garlic, minced
- 1 T ginger, minced
- 1 T soy sauce
- a pinch of red pepper flakes
- 1 t sesame oil

In a large pan, heat oil, then sauté scallion, garlic and ginger for a minute. Add bok choy, pepper flakes and soy sauce and cook covered, stirring once or twice, for 4 minutes. Serve with **Hoisin Miso Salmon Trout**.

Jittery Cook