

A Special Meal

Bento Box

Miso Soup, Green Beans, [Misoyaki Fish](#),
Umami Tofu with Enoki Mushrooms, Ajitama,
Lilikoi Cheesecake



Ready in **15 minutes**

Serves **4-6**

Misoyaki Fish Ingredients

- 2 lb. of Butterfish, or white fish
- 2 Tbsp each: white and red miso
- 4 Tbsp mirin
- 2 Tbsp brown sugar
- 3 cloves garlic, minced
- Juice of half of lemon

Preparation

1. Mix the miso, mirin, sugar, garlic and lemon juice well.
2. Coat the fish with it, ensuring each piece of fish is covered with sauce.
3. Marinate overnight.
4. It is best grilled, but you can also fry it gently in its sauce for about 10 minutes.
5. Garnish with green onions or black sesame seeds.

Tips

If you like a stronger miso flavor, you can add more miso. Always start with a lesser amount, taste it and decide if you need to add more. Same goes with the sweetness. Add more sugar if needed.

Spiritual Message from this recipe

Sauces make things taste delicious. Some “sauces” in Life to me are: Spiritual connection, true friendships, a beautiful sunrise, and laughter. What’s your secret sauce?