



Mayo Ma Baked Fish with Garlic Noodles

NIBBLEDISH CONTRIBUTOR

Ingredients

Fish

- 1 filet of any white fish. I like white roughy
- 2 tbsp mayo (Japanese kind is the best)
- 1 tbsp French mustard
- rice vinegar
- furikake (Japanese dried seaweed condiment)
- salt
- pepper

Noodles

- handful Chinese egg noodles
- 3 garlic cloves minced
- 1 tbsp butter
- fish sauce
- 1 egg

Instructions

Fish

Preheat oven to 425°. Place a sheet of parchment paper on a baking sheet. Lay fish on one side of the parchment paper.

Mix mayo, mustard, and a splash of rice vinegar in a bowl. Spread evenly over fish. Lightly sprinkle furikake over fish. Add a few pinches of salt and pepper.

Fold over other half of parchment paper to cover fish. Place in oven for 10-14 minutes. When fish flakes when forked, it's ready.

Noodles

Follow packaging instructions to cook Chinese egg noodles. In a non-stick skillet, melt butter over medium-high heat. Toss in garlic and let it sweat for a few seconds. Toss in noodles and coat evenly in garlic butter mixture. Pour in egg white and continue to toss noodles until egg white is cooked. Then throw in a splash of fish sauce, give noodles a final toss.

Serve both the noodles and fish immediately. Enjoy it with a shot of your favorite cold sake. Really makes the flavors pop!