



Fish Scallion Rice Bowl

NIBBLEDISH CONTRIBUTOR

Ingredients

1 ½ Cups Chicken or Vegetable Broth

1 ½ Teaspoons Sugar

2 Tablespoons soy sauce

1 Tablespoon Mirin

8 oz Tilapia or other fish

6 scallions (green onions), sliced

Rice

Instructions

Combine all ingredients except for scallions in a pot and bring to a boil. Simmer for 10 minutes, then break the fish into bite-sized pieces with a spoon or spatula. Add the scallions and simmer for 5 more minutes. Ladle into a bowl over rice.

I like to add whatever vegetables I have on hand at the same time as the scallions to jazz it up. My favorite is shredded carrots or parsnips, but spinach, mushrooms or any other vegetable blends perfectly in with the mild flavors.

This serves 2.