



Somen Noodles with Miso Tilapia

NIBBLEDISH CONTRIBUTOR

Ingredients

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- 1 Tilapia fillet
- 2 tbs White miso paste
- 1 tbs Sugar
- 1 tsp Sesame oil
- 1 tsp Soy sauce
- 1 Green onion
- 1 Batch somen noodles

Instructions

Prep Directions

1. Mix all those ingredients together
2. Pat the rinse and pat the tilapia dry
3. Evenly pat the miso mixture on the fish
4. Marinate for about 3 hour (I would marinate it for a day)

Cooking

1. Preheat the oven for 375F.
2. Place fish in the oven for 15-20 minutes.
3. Boil water and throw in noodles.
4. When noodles are done, pour a tsp of sesame oil, soy sauce, and black vinegar and mix with the noodles.
5. Put some bonito flakes or favorite seaweed topping over the noodles and serve with the fish.