

Quick & Easy

THE COSTCO WAY

Japanese BBQ Miso Alaska Sablefish

Makes 4 servings

Ingredients:

2 sablefish skin-on (black cod) fillets, thawed and rinsed

2 cups Japanese barbecue sauce

Cooking spray

½ cup butter, softened

¼ cup white miso

¼ cup green onions, sliced

Instructions:

Remove tails from fillets. Cut each fillet in half to yield four 6-8 oz portions. Place fillets in a 1-gallon plastic zipper bag and pour the Japanese barbecue sauce over the fish. Press the air out of the bag before sealing. Turn bag to completely coat the fish. Place flattened bag in the refrigerator for 2 to 24 hours.

Adjust an oven rack to approximately 8" from the heating element. Turn oven on to broil. Line a rimmed baking sheet with foil. Spray cooking spray on a wire rack and the baking sheet. In a small bowl, combine butter and miso. Place the fish skin side down on the wire rack. Spread with half of the miso butter. Broil fish until the internal temperature reaches 145 F and begins to brown, approximately 8 to 12 minutes. Rotate baking sheet halfway through to ensure even cooking. If fish becomes too dark before reaching 145 F, place a foil shield over it. Remove fish from oven. Top with remaining miso butter. Garnish with green onion.

Recipe courtesy of @RandyAltig.

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