

Poached Fish Fillets with Mushrooms and Leeks

Ingredients:

- 2 5oz. fillets cod or halibut
- 3 cups low sodium organic vegetable broth
- 4 Tablespoons chopped leek
- 4 Tablespoons chopped mushrooms
- Sea salt and pepper to taste
- 2 Tablespoons white miso paste
- $\frac{1}{2}$ cup of warm water
- Juice from $\frac{1}{2}$ lemon
- 2 Tablespoons chives, chopped (optional)

Directions:

1. Bring vegetable broth leeks and mushrooms to a simmer in a pot
2. Sprinkle fish fillets with sea salt and pepper
3. In a small bowl, whisk the white miso paste with warm water until miso is fully dissolved. Add miso mixture to the simmering broth/leeks/mushroom mixture and bring back to a simmer.
4. Add fish, wait until mixture returns to gentle simmer and add the lemon juice
5. Cook about 5 to 7 minutes or until fish is cooked through.
6. Garnish with chopped chives and enjoy with steamed brown rice or quinoa.