



GINGER SOY HADDOCK

INGREDIENTS:

1 ½ lbs. TEJA Haddock Loins	¼ cup Onion, finely Diced
¾ Cup low Sodium Soy Sauce	¼ cup Italian Parsley, chopped
1 Tbsp. Fresh Ginger, Grated	Juice of 1 Lemon
¼ cup Brown Sugar	Salt and Pepper to taste

DIRECTIONS:

1. Combine all ingredients [except Haddock] for marinade in mixing bowl. Make sure they are well mixed. Let stand for 10 minutes.
2. Place Haddock Loins in 2 inch deep baking dish and pour Marinade over fish. Turn fish over a few times to be sure that the loins are well coated.
3. Cover and Refrigerate. Allow to marinate for 2 hours before cooking.
4. Preheat oven to 325 °F
5. Bake fish in Marinade for 20-25 minutes or until tender.
6. Serve over Wild rice Pilaf and Braised Bok Choy. Spoon juices from Pan over each serving.