



Fresh. Simple. Sustainable.

One-Skillet Cod and Kale with Ginger and Garlic

Serious Eats

2 tablespoons sesame oil, divided
2 medium garlic cloves, minced (about 2 teaspoons)
One (1-inch) piece fresh ginger, peeled, minced (about 1 tablespoon)
1 large bunch dinosaur (lacinato) kale, thick stems discarded and leaves roughly chopped (about 2½ quarts)
½ cup rice wine
Four (6- to 8-ounce) cod fillets (or other firm white fish)
2 tablespoons soy sauce
1 tablespoon toasted sesame seeds

Heat 1 tablespoon sesame oil in a large skillet over medium heat until shimmering. Add garlic and ginger and cook, stirring, until aromatic, about 30 seconds. Add kale, and, using tongs, toss to coat. Add rice wine. Bring to a simmer, cover and cook until kale leaves are tender, 8 to 10 minutes.

Remove the cover and set the fish fillets on top of the kale. Drizzle soy sauce and the remaining 1 tablespoon sesame oil over the fish and kale. Cover and cook until fish is just cooked through, 5 to 7 minutes.

Divide the fish and kale between four plates and sprinkle toasted sesame seeds on top. Serve.
Serves 4.