



Black Cod Prime Cut

2 Tbl. Hoisin

1 tsp. Sambal Oelek

1 lb. Black Cod Prime Cuts

Prep Time: 5-10 min.

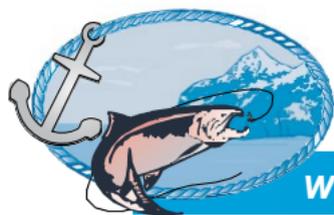


Cook Time: 10 min.

**Great sauteed for 2-3 mins.
on each side with a non-stick cooking
spray, but they are delicate and
should be turned over carefully.**

Directions:

Combine Hoisin and Sambal Oelek in small bowl. Set aside.
Place the strips in oven safe pan and coat with the sauce.
Bake for 10 minutes at 450 degrees.



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