

# Cod Fish in Dashi

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-miso-cod-fish-recipe>

## Ingredients:

- 1 slice cod fish around 150g
- 1 piece kombu around 6cmx3cm, seaweed
- 1 tablespoon miso paste
- 2 tablespoons bonito flakes
- 1 cup water
- 4 asparagus
- 1/2 cup shimeji mushroom
- 3 cherry tomatoes halved

## Nutrition:

1. Calories: 20 calories
2. Carbohydrate: 3 grams
3. Fiber: 1 grams
4. Protein: 2 grams
5. Sodium: 180 milligrams
6. Sugar: 1 grams

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