

## Grilled Cobia, Sweet Soy Braised Bok Choy



Serves 4

- 4 Cleaned 6 oz portions of Cobia
- 4 oz sweet soy
- 4 cups roughly chopped bok choy
- 1 oz fresh lemon juice
- 2 pinches dried tarragon
- 3 oz blended oil
- salt and pepper mix

Place Cobia in a bowl with one ounce of oil, tarragon, lemon juice, and salt and pepper. Coat the Cobia well and place presentation side down on hot clean grill. Cook two to three minutes on each side or until firm yet tender. Sauce: Heat remainder of oil in a small sauté pan and add bok choy. Cook on medium heat for thirty seconds and add sweet soy. Season with salt and pepper and serve.

**Cobia Recipe by  
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**Marine Farms Belize**