



## Roasted Cod with Coconut Curry and Jasmine Rice

Total Time: 40-50 minutes    Calories per Serving: 740

Serves: 2 people

Jasmine rice is sweet and aromatic. The grains cling together and become slightly sticky when cooked. And when it's combined with fragrant coconut curry, the rice turns this dish into one that's all about the delicious smells.

USDA recommends cooking fish to 145° F.





## 1. Cook Rice

Preheat oven to 375°F. In a small pot over high heat, combine **rice** and **1 cup water**. Bring to a boil, then stir once, cover pot, reduce heat to medium low, and cook for 12 minutes. Remove pot from heat and allow to stand, still covered, for 10 minutes. Uncover, fluff with a fork, and set aside.



## 2. Prepare Ingredients

While rice cooks, mince **garlic**. Peel **onion** and cut into small dice. Trim and discard skin of **ginger** and mince. Cut **lime** into 6 wedges. Rinse **napa cabbage** and thinly slice crosswise. Cut **carrots** crosswise into ¼-inch slices. Pat **cod** dry with paper towel.



## 3. Sauté Vegetables

Heat **1 teaspoon olive oil** in a medium pot over medium heat. When oil is shimmering, add **garlic, onion, ginger, napa cabbage**, and **carrots** and sauté until onion is soft and translucent, 5-6 minutes. Add **spice mix** and **curry leaves** and cook until fragrant, about 1 minute.



## 4. Simmer Curry

Add **coconut milk** and **diced tomatoes and juices** to pot with vegetables. Increase heat to high and bring to a boil, then reduce heat to medium and simmer, stirring occasionally, until flavors are melded, about 10 minutes.






## 5. Roast Cod

While curry simmers, season **cod** all over with ½ **teaspoon kosher salt** and **pepper**. Place rounded-side up on a foil-lined baking sheet. Drizzle over **1 teaspoon olive oil**, transfer to oven, and roast until opaque, 10-12 minutes.



## 6. Plate Cod and Curry

Remove and discard curry leaves, then serve **curry** with **cod** on top. Garnish with **lime wedges** and enjoy with a side of **jasmine rice** to absorb the flavors.

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## 🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking.

Coconut milk naturally separates. Be sure to shake the can well before opening.

## 📋- INGREDIENTS

- ½ cup jasmine rice
- 1 clove garlic
- 1 yellow onion
- ½ inch ginger
- 1 lime
- 4 ounces napa cabbage
- 4 ounces carrots
- 12 ounces Pacific cod
- 1 spice mix
  - ½ teaspoon ground cumin
  - ½ tablespoon curry powder
  - 1 teaspoon turmeric
- ¼ cup curry leaves
- 1 can coconut milk
- 1 can diced tomatoes

## 🔪- YOU'LL NEED

- 6" small pot with lid
- 8" medium pot
- aluminum foil
- baking sheet
- 2 teaspoons olive oil
- 1 cup water
- kosher salt
- black pepper

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