



Chili-Rubbed Cod

with Rice & Beans



30-40min



2 Servings

Chipotle chili powder packs a seriously bold punch, and here it takes flaky oven-roasted cod to the next level. A heaping side of fluffy jasmine rice with black beans and tender peppers and onions round out the dish. But the star might be the creamy guacamole sauce and crunchy toasted pepita seeds that ties it all together.

What we send

- 15 oz can black beans
- 5 oz jasmine rice
- 1 red onion
- 1 poblano pepper
- 10 oz pkg cod filets ⁴
- ¼ oz chipotle chili powder
- 2 oz guacamole
- 1 oz sour cream ⁷
- ¼ oz fresh cilantro
- 1 oz pumpkin seeds

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷

Tools

- fine-mesh sieve
- small saucepan
- medium nonstick, ovenproof skillet

Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 35g, Carbs 103g, Protein 46g



1. Cook rice

Preheat oven to 450°F with a rack in the upper third. Drain and rinse **black beans** in a fine-mesh sieve. In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Stir beans into rice, then cover and set aside to keep warm until ready to serve.



4. Cook fish

Push **veggies** to one side of the skillet; add **1 tablespoon oil** and **cod** to open side. Cook over medium-high until fish is lightly browned on one side, 1-2 minutes. Flip, then add **1 tablespoon butter**. Transfer to upper oven rack and cook until cod flakes easily and is cooked through, and veggies are tender, about 5 minutes more.



2. Prep ingredients

While **rice** cooks, halve and cut **all of the onion** into ½-inch thick slices. Halve **pepper**, remove stem and seeds, then thinly slice. Pat **cod** dry, then rub with **oil** and season all over with **salt** and **chipotle chili powder**.



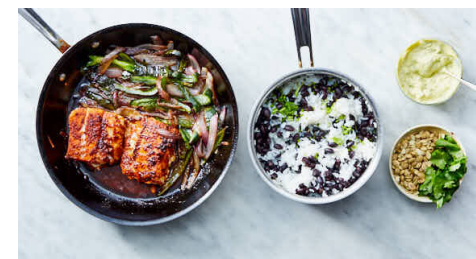
5. Prep toppings

While **fish** cooks, in a small bowl, stir to combine **guacamole** and **sour cream**. Add water, 1 teaspoon at a time, to thin slightly sauce. Season to taste with **salt** and **pepper**. Pick **cilantro leaves** from **stems**; thinly slice stems, keeping leaves whole.



3. Cook veggies

Heat **1 tablespoon oil** in a medium nonstick, ovenproof skillet over medium-high. Add **onions** and **peppers** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until veggies are softened and lightly browned, about 5 minutes.



6. Finish & serve

Stir **cilantro stems** into **rice** and **beans**; season to taste with **salt** and **pepper**. Spoon **rice and beans** into shallow bowls and top with **fish** and **veggies**. Drizzle **creamy guacamole sauce** over top and garnish with **whole cilantro leaves** and **pepitass**. Enjoy!