



Tandoori-Spiced Cod

with Basmati Pilaf & Cucumber Raita



20-30min



2 Servings

This simple raita packs a big, flavor punch combining raw garlic with refreshing cucumber and sour cream. It makes a cool accompaniment for roasted tandoori-spiced cod.

What we send

- 1 oz fresh ginger
- turmeric (use ¼ tsp)
- 5 oz basmati rice
- 5 oz peas
- garlic
- 1 cucumber
- 2 pkts sour cream ⁷
- 10 oz pkg cod fillets ⁴
- tandoori spice blend (use 1 tsp)

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- small saucepan
- medium nonstick skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 790kcal, Fat 36g, Carbs 75g, Proteins 40g



1. Prep ginger

Peel and finely chop **1 tablespoon ginger**.



2. Cook rice

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **chopped ginger** and **¼ teaspoon turmeric**; cook until fragrant, 30 seconds. Add **rice** and stir to coat. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and cook over low, 15 minutes. Add **peas**; cook until rice is tender and water is absorbed, about 2 minutes. Keep covered until ready to serve.



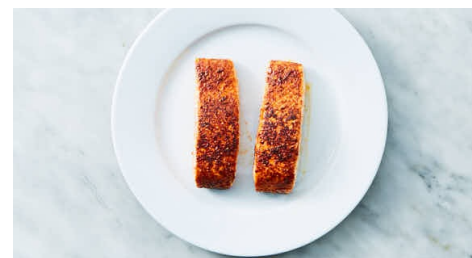
3. Make raita

Finely chop **½ teaspoon garlic**. Trim and peel **cucumber**, then halve lengthwise, scoop out seeds, and thinly slice into half-moons. Transfer to a plate; sprinkle with **salt**. Let stand for 5 minutes; pat dry with paper towels. In a small bowl, whisk together **chopped garlic**, **all of the sour cream**, and **2 teaspoons water**. Stir in cucumbers. Season to taste with **salt** and **pepper**.



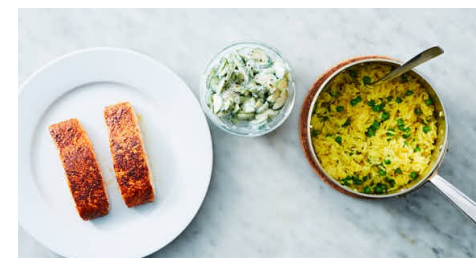
4. Season cod

Pat **cod** dry. Season all over with **salt**. Season all over with **1 teaspoon tandoori spice** and **a few grinds of pepper**.



5. Cook cod




Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Reduce heat to medium; add **cod** and cook, pressing gently, until lightly browned, 2-3 minutes. Flip cod and continue to cook until just cooked through, 2-3 minutes more.



6. Finish & serve

Fluff **rice** with a fork. Serve **tandoori cod** with **rice** and **raita** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**