



Spanish-Style Smoky Cod & Rice Bake

with Tomato, Green Beans & Herb Salsa



30min



2 Servings

Smoked paprika is made from ground sweet red chilies that have been smoked and dried for hours. Despite its vibrant red hue, the heat level is mild, almost sweet. We use this spice to add a delicious smokiness to this one-skillet cod baked on top of rice with green beans and plum tomatoes.

What we send

- garlic
- 1 medium yellow onion
- 1 plum tomato
- 4 oz green beans
- 10 oz pkg cod fillets ⁴
- ¼ oz chorizo chili spice blend
- 1 pkt seafood broth concentrate ^{2,4}
- 5 oz jasmine rice
- 1 oz scallions
- ½ oz fresh cilantro

What you need

- kosher salt & pepper
- olive oil
- red wine vinegar (or apple cider vinegar) ¹⁷

Tools

- medium ovenproof skillet

Allergens

Shellfish (2), Fish (4), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 37g, Carbs 78g,
Proteins 34g



1. Chop veggies

Preheat oven to 425°F with a rack in the center.

Finely chop **1 teaspoon garlic**. Finely chop **onion**. Coarsely chop **tomato**. Trim ends from **green beans**, then cut into 1-inch pieces.



4. Toast rice, add veggies

Add **1 tablespoon oil** and **rice** to skillet with **onions** over medium-high heat. Cook, stirring, until well combined and some of the rice grains turn chalky white, 2-3 minutes. Stir in **tomatoes** and **green beans**.



2. Prep cod & broth

Pat **cod** dry, then season all over with **1 teaspoon each of the chorizo chili spice blend and salt**. Drizzle each filet with **oil**, then rub seasoning into cod to make a paste.

In a liquid measuring cup, combine **seafood broth concentrate**, **1¼ cups water**, and **¾ teaspoon salt**



5. Add cod & bake

Stir in **seafood broth** and bring to a boil. Place **cod** in **rice mixture** and sprinkle with **salt**. Remove from heat, then cover tightly with foil or a lid.

Bake **cod and rice skillet** on center oven rack until liquid is absorbed and rice is tender, 17-20 minutes (watch closely as ovens vary). Remove from oven and let rest, covered, for 3 minutes.



3. Sauté aromatics

Heat **2 tablespoons oil** in a medium ovenproof skillet over medium-high until shimmering. Add **onions** and **garlic**; season with **salt**. Cover and cook, stirring occasionally, until onions are softened and lightly browned, about 5 minutes.



6. Make herb salsa & serve

While cod bakes, trim **scallions**, then thinly slice. Coarsely chop **cilantro leaves and stems**, then combine with scallions and finely chop together. Transfer herbs to a bowl; stir in **2 tablespoons oil** and **1 teaspoon vinegar**. Season **herb salsa** to taste with **salt** and **pepper**.

Serve **cod and rice bake** drizzled with **herb salsa**. Enjoy!