

MARLEY SPOON



Soy-Glazed Cod

with Roasted Baby Bok Choy & Carrots

 20-30min  2 Servings

Tamari, honey, and a splash of balsamic vinegar are combined to create the ultimate sweet and savory glaze to top broiled cod fillets. The flaky fish is served with tender roasted baby bok choy and carrots, sprinkled with toasted sesame seeds.

What we send

- garlic
- 1 oz fresh ginger
- ½ lb carrots
- ½ lb baby bok choy
- 1 oz scallions
- ½ oz tamari soy sauce ¹
- ½ oz honey
- 10 oz pkg cod fillets ²
- ¼ oz pkt toasted sesame seeds ³

What you need

- neutral oil, such as vegetable
- kosher salt & ground pepper
- balsamic vinegar

Tools

- rimmed baking sheet
- medium skillet

Allergens

Soy (1), Fish (2), Sesame (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 450kcal, Fat 17g, Carbs 24g, Protein 31g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Peel and finely chop **1 teaspoon each of garlic and ginger**. Scrub **carrots**, trim ends, then cut on an angle into ½-inch pieces. Quarter **bok choy** lengthwise, then rinse to remove any grit. Trim **scallions**, then cut into 1-inch pieces.



4. Broil cod

Pat **cod** dry and season with **a pinch each of salt and pepper**. Transfer cod to baking sheet with **carrots and scallions**; spoon **half of the glaze** over fish. Broil on upper oven rack until cod is cooked through, glaze is browned in spots, and carrots and scallions are tender, about 3 minutes. Spoon remaining glaze over cod, and toss carrots with **1 teaspoon sesame seeds**.



2. Roast carrots

Place **carrots** on a rimmed baking sheet; toss with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until carrots are just tender, about 10 minutes. Remove from oven and switch oven to broil. Add **scallions** to the baking sheet with carrots, and toss to combine.



5. Cook bok choy

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chopped garlic and ginger**, and cook, stirring, until fragrant, about 30 seconds. Add **bok choy** and cook until beginning to turn bright green, 1–2 minutes. Add **¼ cup water**; cover and cook until bok choy is tender, about 1 minute. Season bok choy to taste with **salt and pepper**.



3. Make glaze

Meanwhile, in a small bowl, whisk to combine **tamari, honey**, and **½ teaspoon vinegar** until honey dissolves.



6. Serve

Serve **cod** with **carrots, scallions**, and **bok choy**. Drizzle **any remaining glaze** from the baking sheet over top. Enjoy!