

# DINNERLY



## Blackened Cod with Tomato Rice



30min



2 Servings

Hey Dinnerlyheads, we've got a good one for you. We're giving cod, a delicate and flaky white fish, the Cajun treatment. The only thing that could make this blackened fish even better is a side of juicy tomato rice and some garlicky aioli to top it all off. We've got you covered!

#### WHAT WE SEND

- 2 scallions
- 1 plum tomato
- 2 oz mayonnaise <sup>3,6</sup>
- 5 oz jasmine rice
- 10 oz pkg cod filets <sup>4</sup>
- ¼ oz Cajun seasoning

#### WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil

#### TOOLS

- medium saucepan
- medium nonstick skillet

#### ALLERGENS

Egg (3), Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 710kcal, Fat 35g, Carbs 64g, Protein 32g



#### 1. Prep ingredients

Trim ends from **scallions** and thinly slice, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Cut **tomato** into ½-inch pieces.

In a small bowl, whisk to combine **mayo** and **chopped garlic**. Season to taste with **salt** and **pepper**; set aside until ready to serve.



#### 4. Finish & serve

Fluff **rice** with a fork and stir in **tomatoes**. Season to taste with **salt** and **pepper**.

Serve **blackened cod** with **tomato rice** alongside and **aioli** dolloped over top. Garnish with **sliced scallion dark greens**. Enjoy!



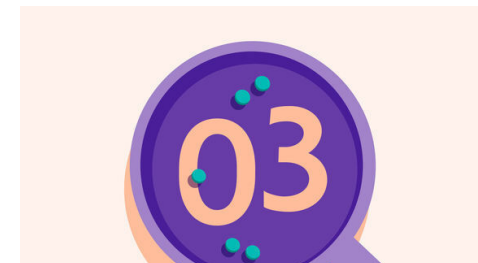
#### 2. Cook rice

Heat **2 teaspoons oil** in a medium saucepan over medium-high. Add **scallion whites and light greens**; cook until fragrant, about 1 minute. Add **rice**; cook, stirring, until toasted, 2–3 minutes. Stir in **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover, reduce heat to low, and simmer until water is absorbed and rice is tender, about 17 minutes. Cover to keep warm off heat.



#### 5. ...

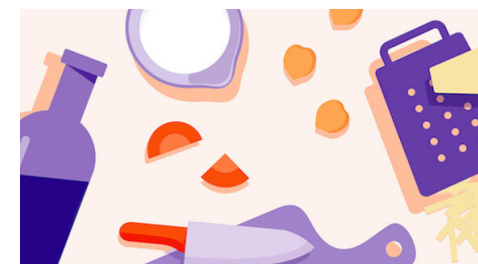
What were you expecting, more steps?



#### 3. Cook fish

Drain **fish**, then pat very dry. Season all over with **Cajun seasoning** (use less depending on heat preference) and **salt**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add fish and cook, until well browned and easily flakes, 2–3 minutes per side. Transfer to a plate.



#### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!