

MARLEY SPOON



Crispy Sweet Chili Cod

with Broccoli & Lime Rice



25min



2 Servings

We're letting you in on a few of our favorite culinary secrets to get this meal on the table in less than 30 minutes. Cornstarch helps the cod filets get extra crispy when fried, while a quick zap in the microwave renders broccoli to a tender finish. Lime zest delivers quick and fresh flavor to jasmine rice, and a generous drizzle of Thai sweet chili sauce rounds out this perfectly balanced plate.

What we send

- 5 oz jasmine rice
- 1 lime
- ½ lb broccoli
- 10 oz pkg cod filets ⁴
- 1½ oz cornstarch
- 3 oz Thai sweet chili sauce
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet
- microwave

Cooking tip

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Allergens

Fish (4), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 31g, Carbs 110g, Protein 34g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



4. Cook broccoli

Meanwhile, transfer **broccoli** to a microwave safe bowl. Cover with a damp paper towel and heat until just tender, 2-3 minutes. Season with **salt** and **pepper**.



2. Prep ingredients

Zest **lime**, then cut remaining into wedges. Cut **broccoli** into 1-inch florets, if necessary.

Pat **fish** dry, then season with **salt** and **pepper**. Coat fish evenly in **cornstarch**, pressing lightly so that the cornstarch adheres to the outside of the fish.



5. Heat sauce

In a microwave safe bowl, combine **sweet chili sauce** and **1 tablespoon water**. Cover with a paper towel to prevent splattering, and warm in microwave until bubbling.



3. Fry fish

Heat **½-inch oil** in a medium nonstick skillet over medium-high (oil should register 350°F; a pinch of cornstarch should sizzle immediately). Add **cod** to skillet in an even layer. Cook until lightly golden and crisp, 3-6 minutes per side. Transfer to a paper towel-lined plate.



6. Serve

Fluff **rice** with a fork and stir in desired amount of **lime zest**. Transfer to plates alongside **broccoli**. Place **fish** on top and spoon **sweet chili sauce** over fish so that it is completely coated. Garnish with **sesame seeds** and serve with **lime wedges** for squeezing over. Enjoy!