





Garlic-Dill Cod

with Quinoa Tabbouleh & Spinach

 20-30min  2 Servings

Tabbouleh is a chopped vegetable and grain salad, traditionally made with bulgur wheat. We've switched it up and swapped it out for protein-packed (and gluten-free!) quinoa. Our version includes crunchy cucumbers and juicy plum tomatoes tossed in a tangy vinaigrette. It's exactly the side you want for pan-seared cod, topped with fresh dill.

What we send

- garlic
- 3 oz white quinoa
- 1 plum tomato
- 1 cucumber
- ¼ oz fresh dill
- 10 oz pkg cod filets ⁴
- 2 oz feta ⁷
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

- small saucepan
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 710kcal, Fat 45g, Carbs 39g, Protein 38g



1. Cook quinoa

Finely chop **1 teaspoon garlic**. Heat **1 tablespoon oil** in a small saucepan over medium. Add **½ teaspoon of the chopped garlic**; cook, stirring, until fragrant, about 1 minute. Add **quinoa, ¾ cup water**, and **¼ teaspoon salt**. Bring to a boil. Cover and cook over low until quinoa is tender and water is absorbed, about 15 minutes. Let stand for 5 minutes.



2. Prep ingredients

Core **tomato**, then cut into ½-inch pieces. Trim **cucumber** (peel if desired), then cut into ½-inch pieces. Pick and coarsely chop **dill fronds**, discarding stems. In a small bowl, stir to combine **remaining chopped garlic, half of the chopped dill**, and **2 teaspoons oil**. Season to taste with **salt and pepper**.



3. Assemble tabbouleh

In a medium bowl, stir to combine **1 tablespoon vinegar** and **2 tablespoons oil**; season with **salt and pepper**. Stir in **cucumbers, tomatoes**, and **cooked quinoa**. Season to taste with **salt and pepper**.



4. Season cod

Pat **cod** dry, then season all over with **salt** 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**. Using a spatula, press down firmly on each fillet for 10 seconds. Continue to cook, pressing gently, until lightly golden, 4-5 minutes. Flip cod; cook until flaky and opaque, 1-2 minutes more. Transfer to plates.



6. Finish & serve

Crumble **feta** into a second medium bowl. Add **spinach, remaining dill, 1 teaspoon vinegar**, and **2 teaspoons oil** to bowl, and toss to combine. Season to taste with **salt and pepper**. Spoon **garlic-dill oil** over **cod**. Serve with **quinoa tabbouleh** and **spinach-feta salad**. Enjoy!