



Pineapple Cod

with Coconut-Lime Rice



ca. 20min



2 Servings

Sweet and savory couldn't be more complementary when it comes to pineapple cod. We cook the cod in a pineapple juice pan sauce, then top it with a mouthwatering pineapple salsa. Coconut milk and lime zest elevates fluffy jasmine rice, and a final sprinkle of spicy togarashi takes this dish to another level.

What we send

- 2 (¾ oz) coconut milk powder ^{7,15}
- 5 oz jasmine rice
- 2 scallions
- 1 lime
- 4 oz pineapple cup
- ½ oz tamari soy sauce ⁶
- ¼ oz cornstarch
- 10 oz pkg cod filets ⁴
- ¼ oz shichimi togarashi ¹¹

What you need

- sugar
- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

Allergens

Fish (4), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 17g, Carbs 76g, Protein 35g



1. Cook rice

In a small saucepan, whisk to combine **coconut milk powder**, **1¼ cups hot tap water**, and **½ teaspoon each of sugar and salt**. Add **rice** and bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Cook cod

Pat **cod** dry and season with **salt** and **pepper**.

Heat **1 tablespoon oil** in same skillet. Add cod and cook until browned and cooked through, 3-4 minutes per side.



2. Prep ingredients

Thinly slice **scallions**. Zest **all of the lime** and squeeze **3 teaspoons juice**; cut remaining into wedges.

Drain **pineapple juice** into a liquid measuring cup. Add **tamari**, **1 teaspoon of the lime juice**, **½ teaspoon cornstarch**, and **2 tablespoons water**. Whisk to combine and set aside for step 5.



5. Make pan sauce

Reduce heat to medium; add **3 tablespoons water** to skillet with **cod**.

Bring to a simmer, scraping up any browned bits from the bottom of the skillet. Whisk **tamari-pineapple juice mixture** and add to skillet. Bring to a simmer; cook until slightly thickened, 1-2 minutes. Season to taste with **salt** and **pepper**.



3. Make pineapple salsa

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **pineapple** and cook until starting to brown, 1-3 minutes.

Transfer to a small bowl; add **scallions** and **remaining 2 teaspoons lime juice**. Season to taste with **salt** and **pepper**.



6. Finish & serve

Fluff **rice** with a fork and fold in **lime zest**; season with **salt**.

Serve **pineapple cod** over **rice** with **pan sauce**, **salsa**, and **togarashi** over top. Enjoy!