

# MARLEY SPOON



**LOW CALORIE**  
**NO ADDED GLUTEN**

## Vietnamese Fish Soup

with Steamed Jasmine Rice



30-40min



2 Servings

Based on the Vietnamese dish called "canh chua cá," this fish soup harmoniously balances sour, sweet, savory, and bitter flavors. The fish simmers in an invigorating broth, spiked with vinegar and lime juice. Pineapple adds sweetness, while fresh basil and cilantro make the soup wonderfully fragrant.



## What we send

- 5 oz jasmine rice
- 1 medium red onion
- ¼ oz fresh cilantro
- 1 plum tomato
- 8 oz pineapple (use ⅓ cup)
- 1 pkt clam broth concentrate<sup>2</sup>
- ½ oz fish sauce<sup>4</sup>
- 10 oz cod or pollock<sup>4</sup>
- ¼ oz fresh basil
- 1 lime

## What you need

- kosher salt & pepper
- neutral oil, such as canola
- balsamic (or white wine vinegar)<sup>17</sup>
- ½ tsp sugar

## Tools

- fine-mesh sieve
- small saucepan
- medium pot

## Allergens

Shellfish (2), Fish (4), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 510kcal, Fat 9g, Carbs 76g,  
Protein 30g



### 1. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Drain and transfer to a small saucepan. Add **1¼ cups water** and **½ teaspoon salt** and bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Let sit until step 6.



### 4. Build broth

Add **broth concentrate, fish sauce, 2 cups water, ½ teaspoon vinegar**, and **½ teaspoon sugar** to pot. Bring to a boil. Meanwhile, pat **fish** dry, then cut into 1-inch pieces.



### 2. Prep ingredients

While **rice** cooks, peel and finely chop **1 cup onion**. Pick **cilantro leaves** from **stems**; finely chop stems, keep leaves whole. Cut **tomato** into quarters lengthwise, then cut into ½-inch pieces. Drain **canned pineapple**, then coarsely chop ⅓ cup (save rest for own use).



### 5. Cook fish

Add **fish, chopped pineapple** and **tomatoes** to pot. Reduce heat to medium and simmer until fish is cooked through, 5-6 minutes. Meanwhile, pick **basil leaves** from **stems**; discard stems and finely chop leaves. Cut **lime** into wedges.



### 3. Sauté onion

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **onions** and **cilantro stems**. Cook, stirring, until softened, 2-3 minutes.



### 6. Finish soup & serve

Stir **basil leaves** into soup and season to taste with **salt** and **pepper**. Fluff **rice** with a fork. Spoon **some of the rice** into bowls and ladle **fish soup** over top. Squeeze **lime wedges** over soup and garnish with **cilantro leaves**. Serve **remaining rice** alongside. Enjoy!