

# MARLEY SPOON



## 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 <sup>1</sup>
- 2 oz feta <sup>2</sup>
- 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 (1), Milk (2). 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, ⅔ 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!