

Dinner Salad with Baked Cod

It's Friday and you won't have a lot of cooking to do tonight.

You've saved a piece of baked Hazelnut Cod from Tuesday. You'll just need to warm it and break it over fresh crisp dinner salad fixings. Here's an express meal that's satisfying, refreshing and nourishing. Enjoy!

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates. After spinning the lettuce leaves, break the leaves into bite-size pieces directly onto large dinner plates. There are 2 onion preps: 1/3 C. sliced sweet onion in the salad and 2 T. finely chopped sweet onion in the Asian Dressing.

Quinoa

1 C. cooked quinoa (use leftovers or cook some.)
1 C. dry quinoa
2 C. water

Leftover Baked Cod

6 oz. hazelnut encrusted cod (leftovers)

Dinner Salad Ingredients

10-12 leaves red or green leaf lettuce
1/2 C. red bell pepper (cut into thin slices)
1/2 C. green bell pepper (cut into thin slices)
12-16 slices cucumber (peeled and quartered)
1/3 C. sweet onion (thin-sliced and quartered)
16 cherry tomatoes (halved)
1 carrot (shredded)
2 Artisan rolls or whole grain toast

Finish:

1 orange (sliced)

Asian Dressing

1/4 C. washed basil or cilantro leaves
1 tsp. sesame oil
1 garlic clove (peeled)
2 T. sweet onion (finely-chopped)
1/2 tsp. prepared mustard
1 tsp. soy sauce or tamari
2 T. rice wine vinegar
1/2 tsp. honey
1/4 tsp. grated fresh ginger
1/2 tsp. Asian pepper sauce
1/3 C. vegetable broth

Preheat oven to
250 degrees

Grownup Kitchen

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

If you don't have leftover quinoa, start by cooking some. Bring the quinoa and water to a hard boil. Turn off heat, cover and leave on burner until ready to dine.

Leftover Baked Cod/Bread

Wrap leftover fish in foil and place on a cookie sheet in a 250 degree preheated oven. Also wrap bread or rolls in foil and place in oven alongside fish. Warm for 15 minutes.

Dinner Salad Ingredients

Make salads in large flat salad bowls or on individual dinner plates.

1. Break up lettuce and divide evenly between two large dinner plates.
2. Divide prepared vegetables between plates.
3. Sprinkle 1/2 C. warm, cooked quinoa over each salad.
4. Top each salad with a mound of shredded carrot

Make Dressing, Finish Salad and Serve the Meal

1. Blend dressing ingredients with a hand blender or in a food processor. Place in a serving pitcher. Warm the dressing 25 seconds in the microwave before setting it on the table.
2. Break fish into pieces and divide over the top of salads.

Allow diners to dress their own salads and serve warm rolls on the side.

What I've Learned from this Recipe

When making dinner salads with fish, it's best to have the fish warm or freshly cooked. You can serve fish cold when using smoked or cured fish products.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com