

Baked Cod with Lemon Broccoli

A nice piece of fish is in order tonight. Bake a piece of cod and keep it simple. Serve it with some delicious, quick tartar sauce and tasty steamed broccoli dressed with lemon butter. A flavorful nutty rice pilaf finishes the plate.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Plan to prep and organize ingredients so they are easy to add. Cooking's more fun when you're well organized. There are 3 different onion preps tonight: 3 chopped scallions for the Rice Pilaf, 1 T. finely chopped yellow onion for the Tartar Sauce and 2 T. chopped red onion for the broccoli. There are 2 preps for the chopped cilantro: 1/4 C. for the Rice Pilaf and 1 T. for the Baked Cod.

Rice Pilaf

1 C. brown rice
plus
2-1/4 C. water

1/2 C. frozen peas
1/2 C. frozen corn
3 scallions (chopped)
1 T. lemon juice
3 T. low-sodium vegetable broth
1/2 tsp. salt

1/3 C. fresh parsley (chopped)
1/4 C. fresh cilantro (chopped)
8-10 pecan halves (toasted)

Quick Tartar Sauce

1 T. mayonnaise
2 T. quark or thick yogurt
1 clove garlic (smashed and chopped)
1 T. finely-chopped yellow onion
2 T. chopped dill pickle
1/2 tsp. lemon juice
1/8 tsp. grated fresh ginger
1/8 tsp. sesame oil

Baked Cod

Two 5 oz. cod fillets

1 tsp. low-sodium soy sauce
1 T. lemon juice
1 T. low-sodium vegetable broth

1 T. cilantro (chopped)

Broccoli with Lemon and Butter

2 C. chopped broccoli

2 T. red onion (finely-chopped)
2 tsp. butter
1 T. lemon juice
2 T. low-sodium vegetable broth

Preheat the oven
To 400°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting the rice on to cook. Measure brown rice and water into a medium saucepan and bring to a boil. Turn heat to medium-low, cover and set a timer for 25 minutes.

Cook the remainder of the meal while the rice cooks.

Rice Pilaf

1. Place frozen peas, corn and chopped scallions in a medium-sized bowl.
2. Mix lemon juice, broth and salt and pour over the veggies and scallions. Cover and microwave 3 minutes. Remove from microwave and add parsley and cilantro. Toss well. Microwave another minute. Set aside until rice finishes cooking.
3. When rice is cooked, measure 1-1/2 C. cooked rice into the bowl with veggies and scallions and toss well.
4. Break toasted pecans into the mixture and toss one more time.

Baked Cod

1. Place fillets in a lightly oiled baking dish.
2. Mix soy sauce, lemon juice and broth and drizzle over fillets.
3. Slide into preheated oven and bake, uncovered, for 15 minutes (thicker fillets may require another minute or two.)
4. Garnish with chopped cilantro when you remove from oven.
(Prepare tartar sauce and broccoli as soon as the fish goes into the oven.)

Quick Tartar Sauce

Combine ingredients in a small bowl. Stir well. Set aside until ready to dine.

Broccoli with Lemon/Butter and Plate

1. Steam broccoli in top of steamer pan and steam for 4-minutes once water boils. Remove from heat and set side. Empty water from bottom of steamer and use pan for step #2.
2. Toss chopped red onion and butter for about 1 minute over medium-high heat. Add lemon juice and broth. Mix well. Toss steamed broccoli in the lemon/butter liquid and plate the meal.

Place a fillet on each plate topped with about 1/4 C. tartar sauce. Flank with rice pilaf and broccoli.

What I've Learned from this Recipe

When baking fish, always cook it fast in a hot oven (400° - 425°).

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