

# Teriyaki Cod with Pilaf

Tonight's sweet and savory flavors are sure to satisfy. Homemade teriyaki sauce adds the sweetness to a nice fillet of ever-versatile cod. Pair it with a seasonal pilaf and dressed arugula and you have another flavor festival to enjoy!

**Preparation time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they are easy to add. It's so much easier to cook a meal when everything's at your fingertips. There are two different onion preps today: 3 chopped scallions (green onions) in the Pilaf and 1/2 C. chopped yellow onion in the Teriyaki Sauce.

### Rice Pilaf

1 C. brown rice  
plus  
2-1/4 C. water  
1/3 C. carrots (chopped)  
1/2 C. frozen peas  
3 scallions (chopped)  
1 T. lemon juice  
1/4 C. low-sodium vegetable broth  
1/2 tsp. salt  
1/4 C. fresh cilantro (chopped)

### Dressed Arugula

3 C. arugula (washed and dried)  
1/4 C. dried sour cherries

#### Dressing for arugula:

1 tsp sesame oil  
1 tsp. rice wine vinegar  
1 tsp. honey  
1 T. low-sodium vegetable broth

### Teriyaki Sauce

2 tsp. sesame oil  
2 cloves garlic (smashed and chopped)  
1/2 C. yellow onion (finely chopped)  
1/3 C. low-sodium soy sauce  
1/2 tsp. Asian garlic pepper sauce  
1/2 C. low-sodium veggie broth  
1 C. orange juice  
3/4 C. firmly packed brown sugar  
1/4 C. rice wine vinegar  
1 tsp. fresh grated ginger  
  
1 T. cornstarch  
plus  
1/3 C. water

juice from 1/2 lime

### Baked Cod

Two 5 oz. cod fillets  
  
1 tsp. low-sodium soy sauce  
1 T. lemon juice  
1 T. low-sodium vegetable broth

Start by putting  
rice on to cook.

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

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. You'll bake the cod as the final step since it's best when served fresh from the oven.

### Rice Pilaf

1. Place carrots in 1 C. lightly salted water and boil for 1 minute. Add frozen peas and boil another 3 minutes. Drain and set aside.
2. Place scallions, lemon juice, broth, salt and cilantro in a medium-sized bowl.
3. When rice is cooked, toss scallion mixture with 1-1/2 C. cooked rice.
4. Toss in carrots and peas and set aside until ready to dine.
5. If necessary, rewarm pilaf in microwave before serving.

### Teriyaki Sauce

1. Place oil, garlic and onion in a deep saucepan. Sauté until onion begins to turn translucent.
2. Add all other ingredients (except cornstarch mixture and lime juice). Bring to a boil. Reduce heat to medium and cook, uncovered, for 5-minutes.
3. Thicken with cornstarch mixture and cook another 5-minutes over low heat. Squeeze lime juice into sauce. Stir and remove from heat.

### Preheat oven to 400° now.

### Dressed Arugula

1. Place arugula and cherries in a large mixing bowl.
2. Mix dressing ingredients in a separate smaller bowl.
3. Toss arugula and cherries with dressing. Set aside.

### Baked Cod/Plate

1. Place fillets, skin-side-down, in a lightly oiled baking dish.
2. Mix soy sauce, lemon juice and broth and drizzle over fillets.
3. Slide into preheated 400° oven and bake, uncovered, for 15 minutes (thicker fillets may require another minute or two.)

#### Plate:

Divide dressed arugula between two dinner plates covering half of each plate.

Place fillets over the dressed arugula and spoon 1/4 C. teriyaki sauce over each fillet.

Serve 1 C. pilaf alongside each piece of fish and arugula.

### 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 ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)