

Bok Choy, Cod and Pesto

Bok Choy, Cod and Pesto...that's either an exotic law firm or tonight's dinner. Bok choy, like cauliflower and broccoli, is a member of the cruciferous vegetable family. It is loaded with phytonutrients and vitamins. All you really need to know is it tastes great. You'll cook a piece of Cod tonight. Add a little pesto for extra flavor and everybody's happy.

Preparation Time: **40 minutes** - Serves: **2**

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls. It's just more fun to cook when everything's prepped and organized. Prep a total of 1 C. of chopped onion: 1/2 C. for the rice and 1/2 C. for the bok choy. Prep 2 cloves garlic: 1 whole clove for pesto and 1 chopped clove for bok choy. Prep a total of 1/2 C. of cilantro: 1/4 C. for the rice and 1/4 C. for the bok choy.

Nutty Rice

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

1-1/3 C. cooked rice (from above)
1/2 C. onion (finely-chopped)
1/4 C. low-sodium vegetable broth
1 tsp. low-sodium soy sauce
1 T. lemon juice
3 T. low-sodium vegetable broth
1/4 C. fresh cilantro (chopped)
8 pecan halves (toasted)

Baked Cod

1 tsp. low-sodium soy sauce
mixed with
1 T. lemon juice

1 tsp. canola oil (for oiling baking dish)
8 oz. cod fillets

2 tsp. fresh basil pesto (made earlier)

Basil Pesto

1/4 C. toasted pine nuts
4 oz. container fresh basil (leaves only)
1 whole clove garlic (skin removed)
1/2 C. olive oil
1/4 C. shredded, Parmesan cheese

Bok Choy and Onions

1 tsp. canola oil and 1 tsp. sesame oil
1 clove garlic (smashed and chopped)
2 bunches baby bok choy (stalks and tops
chopped separately)
1/2 C. onion (chopped)
2/3 C. red bell pepper (thin-sliced)

1 tsp. low sodium soy sauce
1 T. rice wine vinegar
2 T. low-sodium vegetable broth

1/4 C. fresh cilantro (chopped)

Start by putting rice on to cook!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Bring rice and water to a boil. Reduce heat to medium low and set a timer for 25 minutes. Preheat oven to 400°. Now you're on your way. Continue with the rest of the meal as instructed.

Pesto and Nutty Rice

Basil Pesto:

1. Place all ingredients in food processor and process until finely chopped.
2. Hold out 2 tsp. for today. Place remaining pesto in container with a tight fitting lid and cover surface with olive oil. Store in fridge.

Nutty Rice:

1. Measure 1-1/3 C. cooked rice into a medium-sized bowl.
2. Stir chopped onions into rice mixture.
3. Mix broth, soy sauce and lemon juice in a separate dish. Stir into rice.
4. Microwave 2 minutes on high. Add cilantro and pecans and stir into hot rice mixture.

Baked Cod

1. Drizzle soy sauce, lemon juice mixture over cod fillets and place in a 400° oven in an oiled baking dish.
2. Cook 10-15 minutes (depending upon thickness of fillets). You may need to cook thick fillets slightly longer.
3. (Cook bok choy while fish bakes.)
4. Remove fish from oven.

Cook Bok Choy and Onion and Plate the Meal

1. Place canola oil and sesame oil in sauté pan with chopped garlic and sauté until garlic becomes fragrant.
2. Add white bok choy stalks, onion and peppers. Toss 2 minutes over high heat until onion starts to brown. Remove about 6 strips of red pepper and set aside.
3. Add soy sauce, vinegar and vegetable broth. Toss another minute and add bok choy tops and chopped cilantro. Toss enough to heat through. Remove from heat.

Reheat nutty rice (1 minute) and spoon 1/2 of the rice onto each serving plate. Divide fish in half, and spread fillets with 1 tsp. pesto per diner. Place 1/2 of the fish on each plate next to the rice. Arrange 3 red bell pepper strips over each serving of fish. Divide bok choy between plates.

What I've Learned from this Recipe

Laying the bell pepper strips over the cod with pesto adds interest and color to the presentation of the meal. Food just tastes better when it's presented with a little extra attention to detail.

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