

Almond-Crusted Cod

with Coconut Rice & Ginger Spinach

Tender cod is delicious when prepared with a crispy coating. Often, this coating is made with a simple layer of all-purpose flour. Here, though, we're swapping in a specialty ingredient: almond flour. Though not a flour in the conventional sense, almond flour (simply, finely ground almonds), coats the fillets, adding complex, nutty taste. As the fish cooks, the ground nuts toast, releasing their essential oils and infusing the cod. The result is a uniquely flavorful take on crispiness!



Ingredients

- 4 Cod Fillets
- 1½ Cups Long Grain White Rice
- 1 13.5-Ounce Can Light Coconut Milk
- 1 Lime
- 1 Pound Baby Spinach
- 1 Large Bunch Cilantro

Knick Knacks

- 2 Tablespoons Butter
- 1 2-Inch Piece Ginger
- ¼ Cup Almond Flour

Makes 4 Servings
About 510 Calories Per Serving
Cooking Time: 15 to 25 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Remove the cod from the refrigerator to bring to room temperature. Peel and mince the ginger. Pick the cilantro leaves off the stems; discard the stems. Quarter the lime.

2



Make the coconut rice:

In a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add **half the ginger**; cook, stirring occasionally, 1 to 2 minutes, or until fragrant. Add the **rice**, **1 cup of water**, **a big pinch of salt** and the **coconut milk** (shaking the can before opening). Heat to boiling on high. Once boiling, reduce the heat to low and cover. Simmer 24 to 26 minutes, or until the liquid has been absorbed. Fluff the finished rice with a fork. Transfer to a serving dish.

3



Cook & drain the spinach:

While the rice cooks, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium until hot. Add the **spinach** and cook, stirring occasionally, 1 to 2 minutes, or until wilted. (If necessary, work in batches.) Transfer the cooked spinach to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid. Set the drained spinach aside. Wipe out the pan.

4



Finish the spinach:

While the rice continues to cook, in the same pan used to cook the spinach, heat 1 tablespoon of olive oil on medium-high until hot. Add the **remaining ginger** and cook, stirring occasionally, 1 to 2 minutes, or until fragrant. Add the **drained spinach** and cook, stirring occasionally, 30 seconds to 1 minute, or until well combined. Add the **butter** and cook, stirring frequently, 1 to 2 minutes, or until melted. Season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place. Wipe out the pan.

5



Coat & cook the cod:

While the rice finishes cooking, pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Place the **almond flour** on a plate. Coat 1 side of each seasoned fillet in the almond flour. In the same pan used to cook the spinach, heat 1 tablespoon of olive oil on medium-high until hot. Add the fillets, coated sides down first, and cook 3 to 4 minutes per side, or until golden brown and cooked through. Transfer to the serving dish of finished spinach.

6



Serve your dish:

Garnish the **cooked cod fillets** and **finished spinach** and the **coconut rice** with the **cilantro**. Serve with the **lime wedges** on the side. Enjoy!