

# Almond-Crusted Cod

*with Snap Peas & Radish-Red Quinoa Salad*

We're making the most of tasty almonds in this dish. Before cooking tender cod fillets, we're coating them in a specialty ingredient: almond flour. Simply almonds ground into a coarse powder, the almond flour will toast as the fish cooks, creating an incredible, crunchy crust. We're also sautéing sliced almonds with radish, garlic and lemon zest and stirring them into a hearty quinoa salad for an extra pop of flavor. Served with sautéed snap peas, we're putting a delicious spin on springtime.



## Ingredients

- 2 Cod Fillets
- 3 Ounces Radishes
- 2 Cloves Garlic
- 1 Lemon
- ¼ Pound Sugar Snap Peas
- 1 Large Bunch Mint

## Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Sliced Almonds
- ¼ Cup Almond Flour
- ¼ Cup Red Quinoa
- ¼ Teaspoon Crushed Red Pepper Flakes

**Makes 2 Servings**

**About 640 Calories Per Serving**

**Cooking Time: 35 to 45 minutes**





1



## Cook the quinoa:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **quinoa** and cook 15 to 17 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the quinoa cooks, wash and dry the fresh produce. Remove the cod from the refrigerator to bring to room temperature. Cut the radishes into wedges. Peel and thinly slice the garlic. Using a peeler, remove the rind of the lemon, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Snap off the snap pea stems; pull off the string that runs the length of the pod. Pick the mint off the stems; discard the stems.

3



## Cook the radishes:

While the quinoa continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **radishes**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned. Add the **garlic** and **as much of the crushed red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **sliced almonds** and **lemon zest**. Cook, stirring frequently, 45 seconds to 1 minute, or until fragrant. Transfer to a large bowl. Wipe out the pan.

4



## Finish the quinoa:

To the bowl of cooked radishes and toasted almonds, add the **cooked quinoa**, **half the mint** (roughly chopping the leaves just before adding) and the **juice of 2 lemon wedges**. Drizzle with olive oil and season with salt and pepper to taste. Stir to thoroughly combine. Set aside in a warm place.

5



## Coat & cook the cod:

Place the **almond flour** on a plate. Pat the **cod fillets** dry. Cut each into 3 equal-sized pieces; season with salt and pepper and coat in the almond flour, tapping off any excess. In the pan used to cook the radishes, heat 2 teaspoons of olive oil on medium-high until hot. Add the fillets; cook 2 to 3 minutes. Flip the fillets; add the **butter**. Cook, occasionally spooning the butter over top, 2 to 3 minutes, or until cooked through; transfer to a plate. Wipe out the pan.

6



## Cook the snap peas & plate your dish:

In the same pan used to cook the cod, heat 2 teaspoons of olive oil on medium-high until hot. Add the **snap peas**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until bright green and slightly softened. Remove from heat. Divide the **quinoa salad**, **snap peas** and **almond-crusted cod** between 2 dishes. Garnish with the **remaining mint and lemon wedges**. Enjoy!