

# Seared Cod & Garlic-Ginger Rice

*with Ponzu-Glazed Broccoli*

In this Japanese-inspired recipe, a few special ingredients help us achieve gourmet results. We're using sesame oil to glaze our seasonal broccoli (roasted first, to bring out its natural sweetness). A combination of citrusy, soy-based ponzu sauce and rice flour adds classic flavor and body to the glaze. It's so delicious that we're also pouring some over our pan-seared cod. And we're sweetening our aromatic rice with a splash of mirin—a cooking wine typically used to make sushi rice.



## Ingredients

- 4 Cod Fillets
- 1 Cup White Basmati Rice
- 4 Cloves Garlic
- 2 Scallions
- 1 Pound Broccoli

## Knick Knacks

- 2 Tablespoons Mirin
- 1 1-Inch Piece Ginger
- 1 Tablespoon Black & White Sesame Seeds
- 1 Tablespoon Sesame Oil
- ¼ Cup Rice Flour
- ¼ Cup Ponzu Sauce

Makes 4 Servings

About 540 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min





1



## Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Cut the broccoli into bite-sized florets. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Peel and mince the garlic and ginger. In a small bowl, combine the **ponzu sauce**, **1 teaspoon of the rice flour** and **2 tablespoons of water**; whisk until combined.

2



## Roast the broccoli:

Place the **broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Roast 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

3



## Start the garlic-ginger rice:

While the broccoli roasts, in a medium pot, heat 1 tablespoon of oil on medium until hot. Add the **white bottoms of the scallions**, **half the garlic** and **half the ginger**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until fragrant and the garlic and ginger are browned.

4



## Finish the garlic-ginger rice:

Add the **rice**, a **big pinch of salt** and **2 cups of water** to the pot of vegetables. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 14 to 16 minutes, or until the water has been absorbed and the rice is tender. Remove from heat. Stir in the **mirin** until thoroughly combined; season with salt and pepper to taste. Transfer to a serving dish.

5



## Coat & cook the cod:

While the rice cooks, place the **remaining rice flour** on a plate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the rice flour (tapping off any excess). In a large pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the fillets, coated sides down. Cook 4 to 6 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until cooked through. Transfer to a serving dish. Wipe out the pan.

6



## Glaze the broccoli & serve your dish:

In the pan used to cook the cod, heat the **sesame oil** on medium-high until hot. Add the **remaining garlic and ginger**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **roasted broccoli** and **ponzu mixture** (stirring just before adding); season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly coated and the liquid has reduced in volume by about half; season with salt and pepper to taste. Transfer the glazed broccoli to a serving dish, leaving the **glazing liquid** in the pan. Top the **cooked cod fillets** with the glazing liquid. Serve with the **garlic-ginger rice**. Garnish with the **green tops of the scallions** and **sesame seeds**. Enjoy!