

Sweet & Sour Cod

with Tatsoi, Carrot & Ginger Fried Rice

No need to call for takeout, chefs—tonight it's all about easy, gourmet Chinese fare, prepared right at home. We're coating cod fillets in rice flour, searing them, and then glazing the crispy fish in a delicious, sweet and sour mixture of soy sauce, sweet chili sauce and fresh lime juice. Those same flavors also brighten up our hearty fried rice, cooked with egg and seasonal vegetables like carrot and baby tatsoi (a Chinese cabbage variety with mild, tender leaves).



Ingredients

- 4 Cod Fillets
- 2 Farm Eggs
- 1 Cup Jasmine Rice
- 6 Ounces Baby Tatsoi
- 2 Carrots
- 2 Scallions
- 1 Lime

Knick Knacks

- 3 Tablespoons Soy Sauce
- 3 Tablespoons Rice Flour
- 1 1-Inch Piece Ginger
- 1/3 Cup Sweet Chili Sauce

Makes 4 Servings

About 560 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Cook the rice:

In a small pot, combine the **rice**, **2 cups of water** and a **big pinch of salt**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Set aside in a warm place.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Peel and mince the ginger. Thinly slice the scallions, separating the white bottoms and green tops. Roughly chop the tatsoi. Peel the carrots and thinly slice into rounds. Crack the eggs into a bowl; beat until smooth. Quarter the lime. In a small bowl, to make the sweet and sour sauce, combine the **soy sauce**, **sweet chili sauce** and the **juice of all 4 lime wedges**; whisk to thoroughly combine.

3



Cook the vegetables:

In a large pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the **ginger**, **tatsoi**, **carrots** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant.

4



Finish the rice:

Add the **eggs** to the pan of vegetables; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined and the eggs are cooked through. Add the **cooked rice** and **half the sweet and sour sauce**; season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until well combined. Season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place. Wipe out the pan.

5



Cook & glaze the cod:

Place the **rice flour** on a plate. Pat the **cod** 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 the pan used to finish the rice, heat 1 tablespoon of oil on medium-high until hot. Add the fillets, coated sides down. Cook 3 to 5 minutes on the first side, or until golden brown. Flip and add the **remaining sweet and sour sauce**. Cook, occasionally spooning the sauce over the fillets, 2 to 3 minutes, or until cooked through. Remove from heat.

6



Serve your dish:

Transfer the **glazed cod** to a serving dish. Top with any sauce from the pan. Serve with the **finished rice** on the side. Garnish with the **green tops of the scallions**. Enjoy!