

Honey-Garlic Cod

with Sautéed Bok Choy & Coconut Rice

In this recipe, we're giving cod fillets a sweet and savory kick with a flavorful sauce of honey, garlic, soy sauce and a touch of butter. The richness of the butter and honey is perfectly balanced by the soy sauce's tangy depth, creating layers of delicious complexity. We're serving the fillets with sautéed bok choy and coconut rice—or rice cooked with sweet coconut milk, to infuse the grains. And for earthy crunch and a touch of piquancy, we're garnishing the dish with cashews and scallions.



Blue Apron Wine Pairings

Lichen Plank Viognier, 2014

Blue Quail Riesling, 2015



Ingredients

- 4 Cod Fillets
- 1 Cup Brown Rice
- 1 1/4 Cups Coconut Milk
- 4 Cloves Garlic
- 2 Scallions
- 1/2 Pound Baby Bok Choy

Knick Knacks

- 3 Tablespoons Cashews
- 2 Tablespoons Honey
- 1 Tablespoon Butter
- 1 1-Inch Piece Ginger
- 1/4 Cup Soy Sauce

Makes: 4 servings | **Calories:** about 700 per serving

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



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Recipe #248

Instructions

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1



Make the coconut rice:

In a medium pot, combine the **rice**, **coconut milk** (shaking the can just before opening), a **big pinch of salt** and **½ cup of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 25 to 30 minutes, or until the liquid has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Transfer to a serving dish and set aside in a warm place.

2



Prepare the ingredients:

While the rice simmers, wash and dry the fresh produce. Peel and finely chop the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Cut off and discard the root ends of the bok choy; separate the leaves. Roughly chop the cashews.

3



Cook the aromatics:

While the rice continues to simmer, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant.

4



Add the bok choy:

Add the **bok choy** to the pan of aromatics. Cook, stirring occasionally, 2 to 4 minutes, or until the bok choy leaves have wilted. 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 the cod & make the sauce:

While the rice continues to simmer, pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the bok choy, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets; cook 3 to 4 minutes on the first side, or until lightly browned. Flip the fillets and add the **garlic**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **honey**, **butter** and **soy sauce**. Cook, occasionally spooning the sauce over the fillets, 3 to 4 minutes, or until the cod is cooked through and the sauce has thickened. Remove from heat and season with salt and pepper to taste.

6



Serve your dish:

Transfer the **cooked cod and sauce** to the serving dish of **cooked bok choy**. Serve with the **coconut rice** on the side. Garnish with the **cashews** and **green tops of the scallions**. Enjoy!