

# Katsu-Style Cod

*with Ginger Rice & Sesame Snow Peas*

“Katsu” (short for “katsuretsu,” meaning cutlet) is a Japanese term for thin cuts of meat or fish breaded in crunchy panko breadcrumbs, then lightly fried for a golden-brown crust. Here, we’re preparing flaky cod in the same way and serving it with a bold, sweet and savory tonkatsu sauce. (It’s often regarded as a Japanese version of barbecue sauce, making it a natural choice!) On the side, fragrant, ginger-infused rice and crisp, sweet snow peas quickly sautéed in sesame oil round out the meal.

## Blue Apron Wine Pairing

Point Concepción Rosé of Syrah, 2015



## Ingredients

- 4 Cod Fillets
- 2 Farm Eggs
- 1 Cup Jasmine Rice
- 1 Cup Panko Breadcrumbs
- 2 Scallions
- ½ Pound Snow Peas

## Knick Knacks

- 1 Teaspoon Black & White Sesame Seeds
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sesame Oil
- ¼ Cup Tonkatsu Sauce
- ¼ Cup All-Purpose Flour

**Makes:** 4 servings | **Calories:** about 580 per serving

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



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp292](https://blueapron.com/recipes/fp292)

1



## Prepare the ingredients:

Wash and dry the fresh produce. Peel and finely chop the ginger. Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops. Snap off and discard the stem ends of the snow peas; remove and discard the tough string that runs the length of each pod.

2



## Make the ginger rice:

In a small pot, heat 2 teaspoons of olive oil on medium until hot. Add the **ginger**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Stir in the **rice**, a **big pinch of salt** and **2 cups of water**; 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. Transfer to a serving dish and set aside in a warm place.

3



## Cook the snow peas:

While the rice simmers, in a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot. Add the **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **snow peas**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the snow peas are bright green and slightly softened. Stir in **half the sesame seeds**; season with salt and pepper to taste. Transfer to a serving dish; set aside in a warm place. Rinse and wipe out the pan.

4



## Bread the cod:

While the rice continues to simmer, crack the **eggs** into a medium bowl; beat until smooth. Place the **flour** and **breadcrumbs** in 2 separate medium bowls (or on large plates). Pat the **cod** dry with paper towels; season with salt and pepper on both sides. Working 1 piece at a time, thoroughly coat the seasoned cod in the flour (tapping off any excess), then in the eggs (letting any excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a plate.

5



## Cook the cod:

In the pan used to cook the snow peas, heat a thin layer of oil on medium-high until hot. Once hot enough that a few breadcrumbs sizzle immediately when added, add the **breaded cod**. Cook 6 to 8 minutes, or until golden brown and crispy. Flip and cook 3 to 4 minutes, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

6



## Serve your dish:

Transfer the **cooked cod** to the serving dish of **cooked snow peas**. Garnish the cod, snow peas and **ginger rice** with the **remaining sesame seeds** and **green tops of the scallions**. Serve with the **tonkatsu sauce** on the side. Enjoy!