

Crispy Cod & Fried Rice

with Baby Bok Choy & Carrot

Katsu is a Japanese cooking technique where thin slices of fish or meat are dipped in an egg batter, coated in panko (a particularly crunchy breadcrumb) and deep-fried. Our take on the classic cooking method features cod crisped in a pan for a lighter touch. With a delicious, hearty fried rice made with refreshing bok choy and sweet carrots, this meal is sure to satisfy takeout cravings.

Blue Apron Wine Pairings

Artan Sauvignon Blanc, 2015
Scribner Clay Chenin Blanc, 2014



Ingredients

1½ Pounds Cod Tails
2 Farm Eggs
1½ Cups Panko Breadcrumbs
1 Cup Jasmine Rice
6 Ounces Baby Bok Choy
4 Carrots
2 Scallions
1 Lemon

Knick Knacks

1 1-Inch Piece Ginger
1 Tablespoon Sesame Oil
¼ Cup All-Purpose Flour
¼ Cup Soy Sauce

Makes: 4 servings | **Calories:** about 545 per serving
Prep Time: 15 minutes | **Cook Time:** 35–45 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp356

1



Cook the rice:

In a small pot, combine 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. Cook 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.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Peel the carrots and thinly slice into rounds. 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. Cut off and discard the root ends of the bok choy; roughly chop the leaves and stems. Quarter and deseed the lemon.

3



Start the fried rice:

Crack **1 egg** into a small bowl; beat until smooth. Set aside. In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot. Add the **carrots**, **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **bok choy** and cook, stirring occasionally, 1 to 2 minutes, or until wilted.

4



Finish the fried rice:

Using a spoon, move the vegetables to 1 side of the pan. Add the **beaten egg** to the other side of the pan and cook, frequently stirring the egg, 1 to 2 minutes, or until just cooked through. Stir the vegetables and egg to combine. Add the **cooked rice** and **soy sauce**; cook, stirring occasionally, 4 to 6 minutes, or until thoroughly combined and the rice is slightly crispy. Season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place. Rinse and wipe out the pan.

5



Bread the cod:

While the fried rice cooks, crack the **remaining egg** into a medium bowl; add **2 tablespoons of water** and beat until smooth. Place the **flour** and **breadcrumbs** in 2 separate medium bowls (or plates); season each with salt and pepper. 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 beaten egg (letting the excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a plate.

6



Cook the cod & serve your dish:

In the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, working in batches, add the **breaded cod**. Cook 2 to 3 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Transfer to a serving dish. Serve with the **finished fried rice** on the side. Garnish with the **lemon wedges** and **green tops of the scallions**. Enjoy!