

Sweet Chili-Glazed Cod

with Delicata Squash & Jasmine Rice

Sweet chili sauce is a popular Thai condiment of pickled red chiles whose heat has been mellowed by the addition of sugar. Although it's traditionally used as a dipping sauce, tonight we're taking advantage of its savory-sweet flavor to create a gorgeous glaze for our cod fillets. Served atop a hearty blend of jasmine rice, crisp cabbage and sweet, seasonal delicata squash (a winter variety known for its remarkably tender skin), it all makes for a crowd-pleasing meal.

Blue Apron Wine Pairings

Ancient Lakes Cellars Gewürztraminer, 2015
Los Alamos View Sauvignon Blanc, 2014



Ingredients

- 4 Cod Fillets
- $\frac{3}{4}$ Cup Jasmine Rice
- 6 Ounces Green Cabbage
- 3 Cloves Garlic
- 2 Scallions
- 1 Delicata Squash

Knick Knacks

- 2 Tablespoons Rice Vinegar
- $\frac{1}{4}$ Cup Sweet Chili Sauce

Makes: 4 servings

Prep Time: 15 minutes | **Cook Time:** 25-35 minutes

1



Prepare the ingredients:

Wash and dry the fresh produce. 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 ends of the squash; peel the squash, leaving alternating strips of skin intact. Quarter the squash lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut the squash crosswise into 1/4-inch-thick pieces. Cut out and discard the cabbage core; small dice the leaves. Peel and finely chop the garlic.

2



Cook the rice:

In a large pot, heat 2 tablespoons of olive oil on medium-high until hot. Add the **white bottoms of the scallions** and season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Stir in the **rice, a big pinch of salt and 1½ 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.

3



Cook the vegetables & finish the rice:

Once the rice has cooked for about 5 minutes, in a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot. Add the **squash** and season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until golden brown and slightly softened. Add the **cabbage and garlic**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the cabbage has wilted. Add **half the vinegar** (be careful, as the vinegar may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the liquid has cooked off. Transfer the cooked vegetables to the pot of **cooked rice**; stir to thoroughly combine and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

4



Cook & glaze the cod:

Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 tablespoons of olive oil on medium-high until hot. Add the seasoned fillets and cook 2 to 4 minutes per side, or until lightly browned. Add the **sweet chili sauce and remaining vinegar** to the pan (be careful, as the liquid may splatter). Cook, occasionally spooning the sauce over the fillets, 1 to 2 minutes, or until the cod is thoroughly coated and cooked through.

5



Plate your dish:

Divide the **finished rice and glazed cod fillets** between 4 dishes. Top the cod with any remaining sauce from the pan. Garnish with the **green tops of the scallions**. Enjoy!