

# Orange & Mirin-Glazed Cod

with Warm Barley & Broccoli Salad

**PREP TIME:** 15 minutes

**COOK TIME:** 25-35 minutes

**SERVINGS:** 2

Tonight, a simple, flavorful glaze takes cod to gourmet heights. We're combining the fresh-squeezed juice of cara cara orange—an extra-sweet variety with a ruby tinge—with a splash of mirin (a sweetened Japanese rice wine), for a delightfully bright accent. To round out this winter dish, a bed of warm barley and sautéed broccoli offers a satisfying layer of nuttiness.



#### BLUE APRON WINE PAIRING:

Bodegas VQ Grenache, 2015

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## Ingredients



2  
COD FILLETS



1/2 cup  
PEARLED BARLEY



3  
CLOVES GARLIC



1  
CARA CARA  
ORANGE



1  
LEMON



1/2 lb  
BROCCOLI

#### KNICK KNACKS:



1 Tbsp  
MIRIN



3 Tbsp  
ROASTED  
ALMONDS



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES

**Did You Know?**  
Almonds belong to the stone fruit family, which includes apricots and peaches.







### 1 Prepare the ingredients:

- ☒ Wash and dry the fresh produce.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Quarter and deseed the lemon.
- ☐ Cut the broccoli into bite-sized florets.
- ☐ Peel and mince the garlic.
- ☐ Halve the orange. Squeeze the juice of 1 half into a bowl. Cut off and discard the rind and white pith of the remaining half; medium dice.
- ☐ Roughly chop the almonds.

### 2 Cook the barley:

- ☐ Add the **barley** to the pot of boiling water and cook, uncovered, 25 to 27 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Add **the juice of 2 lemon wedges**; stir to coat. Drizzle with olive oil and season with salt and pepper to taste.

### 3 Cook the broccoli:

- ☐ Once the barley has cooked for about 5 minutes, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **broccoli** and season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until softened.
- ☐ Add the **garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant.
- ☐ Add **¼ cup of water** and cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off.
- ☐ Turn off the heat and add **the juice of the remaining lemon wedges**. Transfer to a bowl; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

### 4 Cook & glaze the cod:

- ☐ While the barley continues to cook, pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets and cook 4 to 5 minutes on the first side, or until browned.
- ☐ Flip the fillets and add the **orange juice, mirin** and **2 tablespoons of water**. Cook, occasionally spooning the glaze over the fillets, 1 to 2 minutes, or until the cod is cooked through. Turn off the heat.

### 5 Finish the barley:

- ☐ Add the **cooked broccoli** and **diced orange** to the pot of **cooked barley**. Drizzle with olive oil and stir to thoroughly combine; season with salt and pepper to taste.

### 6 Plate your dish:

- ☐ Divide the **finished barley** between 2 dishes. Top with the **glazed cod fillets** and any remaining glaze from the pan. Garnish with the **almonds**. Enjoy!

