

Crispy Cod & Garlic Rice

with Gai Lan & Yakiniku Sauce

PREP TIME: 10 minutes

COOK TIME: 30-40 minutes

SERVINGS: 4

Katsu is a Japanese dish that marries breaded, fried cuts of fish or meat with a soy-based sauce. In a nod to tradition, to make our katsu-style cod, we're using panko breadcrumbs, which result in an especially airy, crispy coating. Tender summer squash and gai lan—a type of broccoli with crisp stalks and tender leaves—liven up a base of jasmine rice, while yakiniku sauce, a sweet and savory Japanese barbecue sauce, is perfect for dipping or drizzling. (Chefs, your squash may be yellow summer squash, or grey or green zucchini.)



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Ingredients



4
COD FILLETS



2
CAGE-FREE
FARM EGGS



1 cup
JASMINE RICE



3 cloves
GARLIC



2
SUMMER SQUASH



1 bunch
GAI LAN

KNICK KNACKS:



2 Tbsp
RICE VINEGAR



1/2 cup
PANKO
BREADCRUMBS



1/4 cup
YAKINIKU SAUCE



1 1-inch piece
GINGER



1/4 cup
ALL-PURPOSE
FLOUR



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Peel the garlic; using the flat side of your knife, gently smash each clove to flatten.
- ☐ Medium dice the squash.
- ☐ Cut off and discard the bottom inch of the gai lan stems; roughly chop.
- ☐ Peel and roughly chop the ginger.

2 Cook the rice:

- ☐ In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add 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. Turn off the heat and fluff the cooked rice with a fork.

3 Cook the vegetables:

- ☐ While the rice cooks, in a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot.
- ☐ Add the **squash** in a single, even layer. Cook, without stirring, 5 to 6 minutes, or until lightly browned and slightly softened.
- ☐ Add the **gai lan** and **ginger**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until softened.
- ☐ Turn off the heat and stir in **half the vinegar**. Transfer to a bowl; season with salt and pepper to taste. Wipe out the pan.

4 Bread the cod:

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

5 Cook the cod:

- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **breaded cod fillets** and cook 4 to 5 minutes per side, or until browned and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

6 Finish & serve your dish:

- ☐ While the cod cooks, to make the sauce, in a bowl, combine the **yakiniku sauce** and **remaining vinegar**.
- ☐ To the pot of **cooked rice**, add the **cooked vegetables**; stir to thoroughly combine. Season with salt and pepper to taste.
- ☐ Divide the finished rice among 4 dishes. Top with the **cooked cod fillets**. Serve with the sauce on the side. Enjoy!

