

Orange & Soy-Glazed Cod

with Barley, Vegetables & Marinated Persimmon

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Cod Fillets



6 oz Carrots



2 Tbsps Orange Marmalade



¼ cup Rice Flour



1 tsp Black & White Sesame Seeds



½ cup Pearled Barley



1 Persimmon



1 Tbsp Sesame Oil



1 Tbsp Soy Sauce



2 cloves Garlic



3 oz Shishito Peppers



1 Tbsp Rice Vinegar



¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



14 13 8

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

To learn more about WW and SmartPoints visit www.ww.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1 Cook the barley

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Drizzle with **olive oil**; stir to coat.
- Cover to keep warm.



2 Prepare the ingredients & marinate the persimmon

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and thinly slice on an angle.
- Peel and roughly chop **2 cloves of garlic**.
- Core and medium dice the **persimmon**.
- Cut off and discard the stems of the **peppers**; cut crosswise into 1-inch pieces. Thoroughly wash your hands immediately after handling.
- To make the glaze, in a bowl, combine the **orange marmalade, soy sauce, and $\frac{1}{4}$ cup of water**.
- In a separate bowl, combine the **diced persimmon and vinegar**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



3 Cook the vegetables

- Meanwhile, in a medium pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **sliced carrots and pepper pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **chopped 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, 1 to 2 minutes, or until softened.
- Add **$\frac{1}{4}$ cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the vegetables are softened and the water has cooked off.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Coat, cook & glaze the fish

- Place the **flour** on a large plate; season with salt and pepper.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Thoroughly coat the **seasoned fish** in the **seasoned flour** (tapping off any excess).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned fish**. Cook 2 to 3 minutes, or until browned.
- Flip the fish and add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the fish, 2 to 3 minutes, or until the fish is coated and cooked through.* Turn off the heat.



5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked vegetables and marinated persimmon** (including any liquid). Stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **glazed fish** (including any glaze from the pan). Garnish with the **sesame seeds**. Enjoy!



*An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 580, Total Carbohydrates: 81g, Dietary Fiber: 10g, Added Sugars: 9g, Total Fat: 15g, Saturated Fat: 2.5g, Protein: 33g, Sodium: 1370mg.

**For information about our wellness labels visit us at blueapron.com/wellness. SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

