

Macadamia-Crusted Cod

with Black Rice, Golden Beet & Avocado Salad

Macadamia trees, though we may associate them most closely with Hawaii, are actually Australian natives. Cultivated since the 1800s, they have since spread to temperate climates across the world. Macadamia trees take seven to ten years to mature, but once fully grown, they'll produce nuts for up to 100 years. The nut itself is uniquely flavored and buttery in texture. In this recipe, we're using it to create a toasty, delicious crust for tender cod.



Ingredients

- 2 Cod Fillets
- ¾ Cup Black Rice
- 3 Scallions
- 1 Avocado
- 1 Bunch Baby Golden Beets
- 1 Bunch Mint

Knick Knacks

- 2 Tablespoons Panko Breadcrumbs
- 1 Lime
- ¼ Cup Macadamia Nuts

Makes 2 Servings
About 700 Calories Per Serving
Cooking Time: 35 to 45 minutes



1



Cook the rice:

Heat 2 small pots of salted water to boiling on high. Once the first pot of water is boiling, add the **rice** and cook 27 to 30 minutes, or until tender. Drain thoroughly and return to the pot. Set aside.

2



Cook & peel the beets:

While the rice cooks and once the second pot of water is boiling, add the **beets** and cook 22 to 25 minutes, or until tender when pierced with a fork. Drain the beets thoroughly. When cool enough to handle, using your hands and paper towels, gently rub the skins off the beets; discard the skins. Cut the beets into wedges and place in a bowl. Set aside.

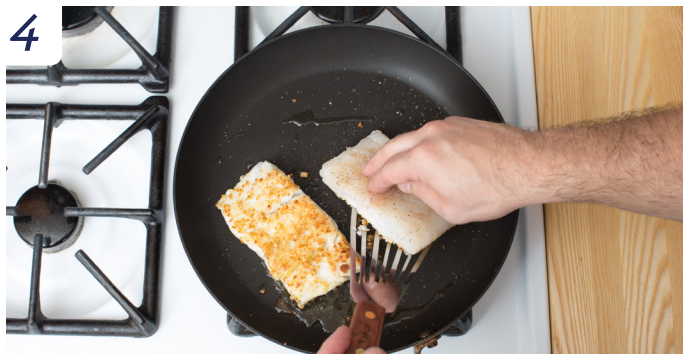
3



Prepare the ingredients:

While the rice and beets cook, wash and dry the fresh produce. Cut off and discard the roots of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lime. Peel, pit and dice the avocado; top with **the juice of 2 lime wedges** to prevent browning and season with salt and pepper to taste. Pick the mint leaves off the stems; discard the stems. Finely chop the macadamia nuts and place in a small bowl with the **breadcrumbs**.

4



Coat & cook the cod:

Season the **cod fillets** with salt and pepper on both sides. Coat 1 side of each seasoned cod fillet in the **breadcrumb-macadamia nut mixture**. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the coated cod, crusted side down first, and cook 2 to 4 minutes per side, or until the crust is golden brown and the fish is cooked through.

5



Make the rice salad:

To the pot of cooked rice, add the **cooked beets, lime zest, white parts of the scallions, avocado, mint** (thinly slicing the leaves just before adding), **half the green parts of the scallions** and **the juice of the remaining lime wedges**. Add a drizzle of olive oil and stir until combined; season with salt and pepper to taste.

6



Plate your dish:

Divide the **rice salad** between 2 dishes. Top each with a **cod fillet**. Garnish with the **remaining green parts of the scallions**. Enjoy!