



In your box

8 oz. Carrot
1 Lemon
¼ oz. Parsley
12 oz. Cod
½ cup Seasoned Wild Rice Blend
1 oz. Butter
1 oz. Sliced Almonds

CONTAINS milk, wheat, soy, tree nuts (almonds), fish (cod)



Cod Amandine

with wild rice pilaf

NUTRITION per serving—Calories: 613, Carbohydrates: 59g, Fat: 27, Protein: 35g, Sodium: 1617mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
3 days

Difficulty Level ● ○ ○
Easy

Spice Level ○ ○ ○ ○
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Pot, Medium Non-Stick Pan

👩🍳 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Preheat oven to **450 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **parsley**



1

Prepare the Ingredients

- Peel, trim, and quarter **carrot**. Cut into small pieces.
- Halve **lemon** lengthwise. Cut one half into two wedges and juice the other half.
- Stem and mince **parsley**.
- Pat **cod** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Cook the Wild Rice Pilaf

- Place a medium pot over medium-high heat.
- Add 1 tsp. **olive oil** and **carrot** to hot pot and stir occasionally until carrot begins to soften, 2-4 minutes.
- Add 1 cup **water** and **rice** and bring to a boil. Reduce to a simmer, cover, and cook until rice is tender, 20-22 minutes. Set aside
- While rice cooks, cook cod.



3

Cook the Cod

- Place a medium non-stick pan over medium-high heat.
- Add 2 tsp. **olive oil** and **cod** to hot pan and cook undisturbed until lightly browned, 2-3 minutes.
- Transfer cod to prepared baking sheet, seared side up, and roast until fish reaches a minimum internal temperature of 145 degrees, 5-9 minutes.
- Wipe pan clean and reserve.
- While cod roasts, make brown butter almonds.



4

Make the Brown Butter Almonds

- Return pan used to sear cod to medium heat.
- Add **butter** and cook until it browns and begins to smell nutty, 1 minute. *Be careful! Browning happens quickly after butter stops sizzling.*
- Stir in **almonds** and cook until almonds turn golden brown, 30-60 seconds.
- Remove from burner and add **lemon juice**, 2 Tbsp. **water**, and half the **parsley** (reserve remaining for garnish).



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with remaining **parsley** and **lemon wedges**. Bon appétit!