

Baked Miso Cod with Jasmine Rice and Sugar Snap Peas

hellóchef

If you're quick, this one will be ready in under 20 minutes!

Cals 577 • Prot 45 • Carbs 87 • Fat 11

Quick Prep

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⚡ prep: 5 min

🕒 cook: 25 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Cod	2 ppl	3 ppl	4 ppl	
Cod fillet 6*	350	525	700	Grams
Butter 4*	20	30	50	Grams
Brown sugar	5	10	10	Grams
Miso paste 9*	40	60	80	Grams
Rice vinegar	15	22	30	ML
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
Sides				
Spring onion	40	60	80	Grams
Sugar snap peas	150	200	300	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Sushi ginger	40	60	80	Grams

Allergens

*6 Fish, *4 Milk, *9 Soya

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2410 / 577
Fat (g)	11.2
of which saturates (g)	6.2
Carbohydrate (g)	87
of which sugars (g)	9.3
Fiber (g)	4.5
Protein (g)	44.7
Salt (g)	1.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Cook rice

Preheat the oven to 200°C/180°C fan. Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2 Prep

Finely chop the **spring onion**. Trim the **sugar snap peas**.



3 Prep miso

Meanwhile, add the **butter** to a small bowl and microwave in 30 sec intervals until melted. Add the **sugar, miso paste** and **rice vinegar** to the **butter** and whisk until the **sugar** has dissolved.



4 Bake cod

Place the **cod** onto a lined baking tray. Spoon over the **miso butter** and spread evenly among the **cod fillets**. Bake for 8-10 min or until the **cod** is cooked through.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



5 Fry sugar snap

Meanwhile, heat a small non-stick pan over medium-high heat with a drizzle of **oil**. Once hot, add the **sugar snap peas** with a pinch of **salt** and fry for 3-5 min.



6 Serve

Serve the **miso cod** over the **rice** with the **sugar snap peas** and **sushi ginger** to the side. Garnish with **spring onion**.