Baked Miso Cod with Jasmine Rice

and Sugar Snap Peas

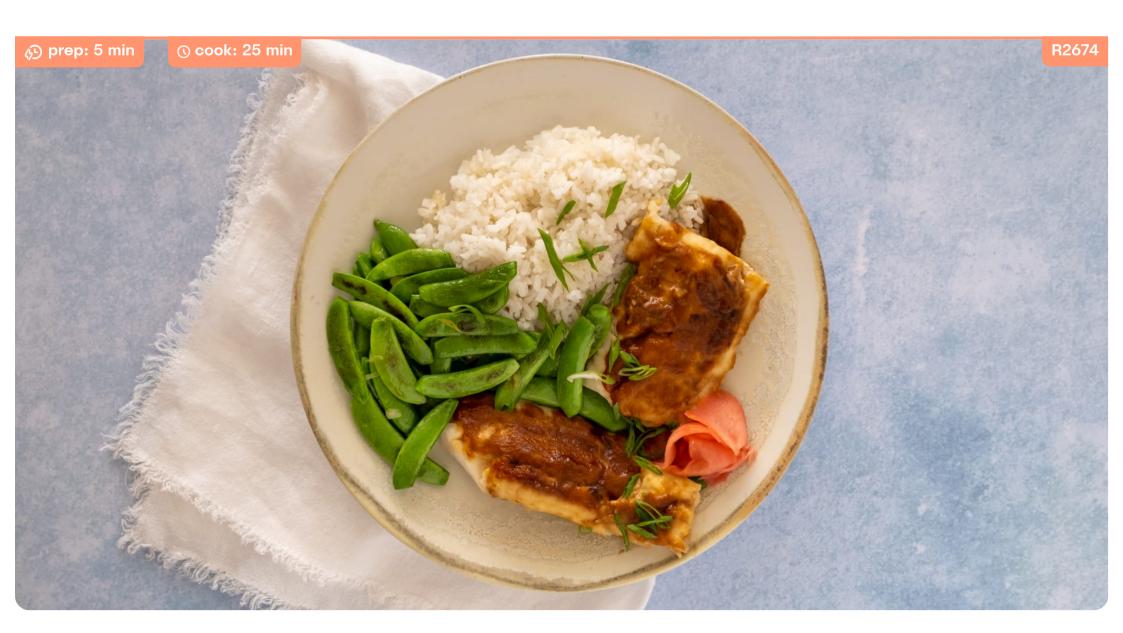
If you're quick, this one will be ready in under 20 minutes!

hellóchef

Cals 577 • Prot 45 • Carbs 87 • Fat 11

Quick Prep

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Before you start

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

Ingredients

3				
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**.