

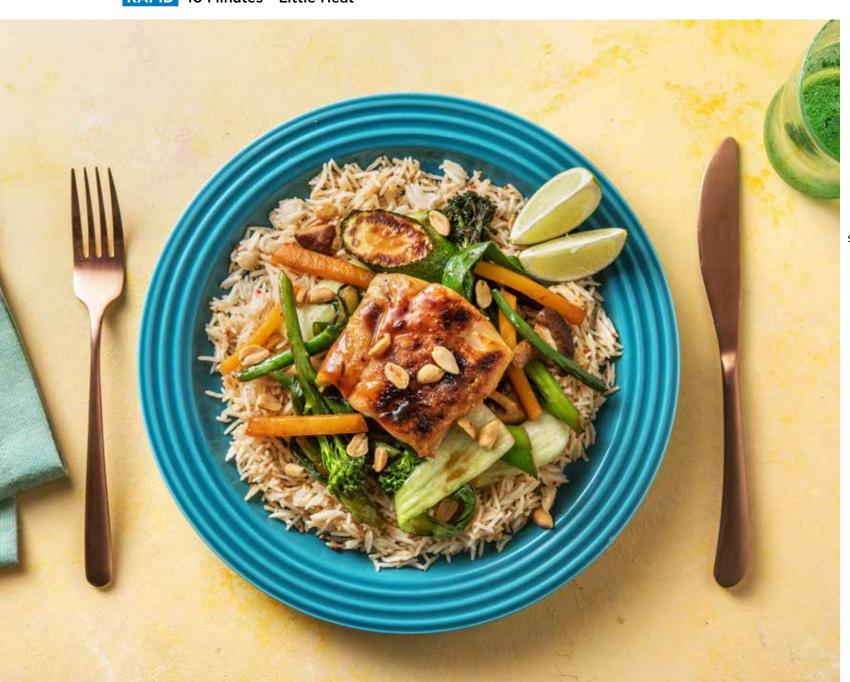
# **Honey and Miso Cod**

with Stir Fried Vegetables and Coconut Rice



**RAPID** 10 Minutes • Little Heat

















Honey



Cod Fillet





Shiitake Mushrooms Aromatic Vegetable Mix



Soy Sauce



Steamed Coconut Chilli Lemongrass Basmati Rice



Salted Peanuts

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

#### Basic cooking tools, you will need:

Make sure you've got a Baking Tray, Large Bowl and Large Frying Pan.

#### **Ingredients**

|   | 2P       | 3P         | 4P        |
|---|----------|------------|-----------|
| Lime**  | 1        | 1½         | 2         |
| Miso Paste 11)  | 1 sachet | 1 sachet   | 2 sachets |
| Honey   | 1 sachet | 1½ sachets | 2 sachets |
| Cod Fillet 4)**   | 2        | 3          | 4         |
| Shiitake<br>Mushrooms**   | 1 pack   | 2 packs    | 2 packs   |
| Aromatic<br>Vegetable Mix**                                     | 1 bag    | 1½ bags    | 2 bags    |
| Soy Sauce <b>11) 13)</b>  | 1 sachet | 1½ sachets | 2 sachets |
| Steamed Coconut<br>Chilli Lemongrass<br>Basmati Rice <b>9</b> ) | 1 pouch  | 1½ pouches | 2 pouches |
| Salted Peanuts 1)   | 1 pot    | 1 pot      | 1 pot     |
| *Not Included ** Store in the Fridge                            |          |            |           |

#### **Nutrition**

| 00g  |
|------|
| /100 |
| /102 |
| 4    |
| 1    |
| 9    |
| 3    |
| 7    |
| .83  |
|      |

Nutrition for uncooked ingredients based on 2 person recipe.

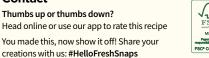
#### **Allergens**

1) Peanut 4) Fish 9) Mustard 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses

### Contact

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## 1. Prep the Fish

- a) Heat your grill to the highest setting. Line a flat baking tray with foil and drizzle with oil. Halve the lime.
- b) Pop the miso, honey, a drizzle of oil and a squeeze of lime juice in a large bowl. Mix well, add the cod and coat well.
- c) Pop the cod onto the lined baking tray and drizzle any remaining marinade over the top of the **fish**.
- **d)** Place under the grill until just cooked and the top is turning golden brown, 5-7 mins. **IMPORTANT:** The fish is cooked when opaque in the middle. **IMPORTANT:** Wash your hands after handling raw fish.

## 2. Veg Time!

- a) Quarter the shiitake mushrooms.
- **b)** Heat a drizzle of **oil** in a large frying pan or wok on high heat. Once hot, add the **vegetable mix** and the **mushrooms**, stir fry for 2 mins then add the **soy sauce** and cook until the vegetables are just tender, 1-2 mins.

#### 3. Rice Time!

- a) Meanwhile, cook the rice accord to pack instructions. Cut the remaining lime into wedges.
- **b)** Divide the **rice** between plates, top with the **vegetables** and any **pan juices** then the cod and scatter over the peanuts. Serve with the lime wedges.

**Enjoy!**