



NOV
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Panko-Crusted Cod

with Wasabi Aioli, Quinoa, and Green Bean-Tomato Sauté

Because cod is a fairly mild-flavored fish, pungent wasabi is the perfect accompaniment. Also known as Japanese horseradish, this ingredient is combined with mayonnaise, lime zest, and lime juice for a fiery aioli to spice up this light and colorful dinner.



Prep: 10 min
Total: 30 min



level 1



nut
free



make
me first



Lime



Shallot



Grape
Tomatoes



Green
Beans



Quinoa



Mayonnaise



Wasabi



Panko
Breadcrumbs



Cod

Ingredients	2 People	4 People	*Not Included
Lime	1	1	Allergens
Shallot	1	1	1) Eggs
Grape Tomatoes	4 oz	8 oz	2) Soy
Green Beans	6 oz	12 oz	3) Wheat
Quinoa	½ Cup	1 Cup	4) Fish
Mayonnaise	1) 2) 2 TBSP	4 TBSP	5) Milk
Wasabi 	1 tsp	2 tsp	
Panko Breadcrumbs	3) ½ Cup	1 Cup	
Cod	4) 12 oz	24 oz	
Butter*	5) 2 TBSP	4 TBSP	
Oil*	1 tsp	2 tsp	

Tools
Small pot, Zester, 2 Small bowls, Medium pan, Baking sheet

Nutrition per person Calories: 674 cal | Fat: 30 g | Sat. Fat: 10 g | Protein: 41 g | Carbs: 62 g | Sugar: 11 g | Sodium: 306 mg | Fiber: 8 g



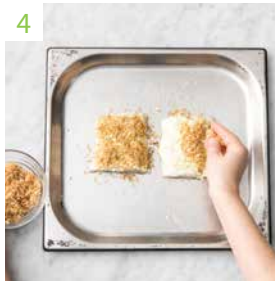
1 Preheat oven and cook quinoa: Wash and dry all produce.

Preheat oven to 350 degrees. In a small pot, bring **1 cup salted water** to a boil. Zest and halve **lime**. Cut one half into wedges. Halve, peel, and finely chop **shallot**. Halve **tomatoes**. Trim **green beans**. Add **quinoa** to boiling water, cover, and reduce to a low simmer until tender and water is absorbed, 15-20 minutes.



2 Make wasabi aioli:

Combine **mayonnaise**, **½ tsp lime zest**, a squeeze of **lime**, and **wasabi** (careful, it's hot!) in a small bowl. Season with **salt** and **pepper**.



3 Toast panko:

In a medium pan, melt **1 TBSP butter**. Add **panko** and toss until lightly golden, 2-3 minutes. Season with **salt** and **pepper**. Transfer **panko** to a small bowl, and wipe out pan.

4 Cook cod:

Season **cod** on all sides with **salt** and **pepper**. Spread top of each fillet with **1 tsp wasabi aioli**. Press **panko** into **aioli** to adhere. Place crusted **cod** on a lightly oiled baking sheet, and cook until flaky and opaque, about 10 minutes.



5 Cook veggies:

Meanwhile, heat **1 TBSP butter** in same pan over medium heat. Add **shallots** and **green beans**, and toss until shallots are softened, 3-4 minutes. Add a splash of **water** to pan to steam **green beans** 1-2 minutes. Add **tomatoes** and toss until heated through, 1-2 minutes. Season with **salt** and **pepper**.

6 Plate:

Serve **cod** on a bed of **veggies** and **quinoa**. Serve with remaining **wasabi aioli** and a wedge of **lime**. Enjoy!

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