



# ARGENTINIAN-STYLE COD

with Almond Herb Chimichurri

PREP: 15 MIN  
TOTAL: 35 MIN

LEVEL 1

DAIRY FREE

MAKE ME FIRST



## INGREDIENTS:

- Red Rice Medley (Contains: Wheat)
- Veggie Stock Concentrate
- Zucchini
- Shallot
- Grape Tomatoes
- Garlic
- Mint
- Parsley
- Sliced Almonds (Contains: Tree Nuts)
- Sherry Vinegar
- Cod (Contains: Fish)

## FOR 2 PEOPLE:

- ½ Cup
- 1
- 1
- 1
- 4 oz
- 2 Cloves
- ½ oz
- ¼ oz
- 1 oz
- 2 TBSP
- 12 oz

## FOR 4 PEOPLE:

- 1 Cup
- 2
- 2
- 2
- 8 oz
- 4 Cloves
- ½ oz
- ¼ oz
- 2oz
- 4 TBSP
- 24 oz

## HELLO ALMOND-HERB CHIMICHURRI

As popular in Argentina as ketchup is in the US

## NUTRITION PER SERVING

576 cal | Fat: 23 g | Sat. Fat: 3 g | Protein: 41 g | Carbs: 52 g | Sugar: 7 g | Sodium: 292 mg | Fiber: 7 g

## START STRONG

**Baste like a boss by spooning the salmuera mixture over the cod while it cooks.** This way, the flavors of sherry vinegar, salt, and pepper will infuse into the fish and keep it moist.



## BUST OUT

- Small pot
- Baking sheet
- Large pan
- Olive oil (2 TBSP | 4 TBSP)
- 2 Small bowls
- Whisk



### 1 PREHEAT OVEN AND COOK RICE

**Wash and dry all produce.**

Preheat oven to 425 degrees. Bring a small pot of **1½ cups water** and **stock concentrate** to a boil. When boiling, add **red rice medley**. Reduce to a simmer, cover, and cook until tender, about 30 minutes. Remove from heat and let rest 5 minutes.



### 4 MAKE SALMUERA AND COOK COD

Pat **cod** dry and place on a baking sheet. In a small bowl, whisk together an additional drizzle of **olive oil** and remaining **sherry vinegar**. Season generously with **salt** and **pepper**. Spoon half the mixture over cod. Place in oven and bake 8-10 minutes, until cooked through. Halfway through, baste with remaining **vinegar** mixture.

### 2 PREP REMAINING INGREDIENTS

Trim off **zucchini** ends, then dice into ½-inch cubes. Halve, peel, and finely dice half the **shallot**. Thinly slice other half into strands. Halve **tomatoes**. Mince **garlic**. Pick **mint leaves** from sprigs. Finely chop **mint leaves** and **parsley**. Finely chop **almonds**.



### 5 COOK VEGGIES

While **cod** cooks, heat **2 tsp oil** in a large pan over high heat. Once hot, add **zucchini**, season with **salt** and **pepper**, and toss to coat. Cook until softened and lightly browned, 4-5 minutes. Add sliced **shallot** and **tomatoes** and cook another 2 minutes.

### 3 MAKE ALMOND-HERB CHIMICHURRI

In a small bowl, mix together chopped **almonds**, **mint**, **parsley**, **2 tsp diced shallot**, and minced **garlic** (to taste). Whisk in **1 TBSP olive oil** and **1 TBSP sherry vinegar**. Season to taste with **salt** and **pepper**. Set aside until rest of meal is ready.



### 6 FINISH AND PLATE

Fluff **rice** with a fork. Plate **rice** and top with **cod**. Serve with **veggies**. Top cod with **chimichurri**.

## ¡BUEN APETITO!

Next time, toss some cilantro into your chimichurri.

