



Baked Crumb Crusted Cod with Rice and Peas

Recipe by: Chef Lili Sullivan,
Merrill House

Location: Prince Edward County, ON

Servings: 4 to 6 people

Preparation Time: 45 minutes



This is my go to recipe when I want quick and healthy. I always have cod portions and peas in my freezer. My family loves this recipe and it is fancy enough to make for company, the recipe can be easily multiplied or cut in half for 2 people. The fish may be thawed the day before or prepared right out of the freezer but the cooking time may vary. Use all the crumble on the fish for a nice crispy topping. The fish and rice take about the same time and the peas add vegetables to the plate while the stock provides a bit of sauce and steams the fish for added moisture. Add some frozen corn if you like and any white fish or salmon would work well too.

INGREDIENTS

- 3 cups frozen peas
- 1 cup diced onions or shallots, peeled and cut into thick slices
- 2 cups vegetable stock
- 3 slices whole grain bread
- 1 small lemon, zest & juice
- ¼ cup parsley, chopped
- 4 thick fillets cod, about 5-6 ounces each
- 2 green onions, thinly sliced

Spinach and scallion rice

- 1 cup basmati rice
- 1 cup fresh spinach, thinly sliced
- 2 green onions (scallions), thinly sliced
- 2 cups vegetable stock
- 1 tsp chopped fresh parsley
- 1/2 tsp chopped fresh thyme
- 1/4 tsp pepper
- 1/2 cup whipping cream (optional)

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). In a large pan over medium-high heat; combine peas, shallots, and stock and bring to a boil. Simmer for 15 minutes until peas are tender and stock reduced by half. Pour mixture into a 13x9-inch baking dish and set aside. Are you looking for a new oven? [KitchenAid® Wall Ovens](#) offer exciting design possibilities for any kitchen. Since they're built into walls, they help free up space usually taken by ranges.
2. Tear bread slices into pieces and put into the food processor, pulse until coarse crumbs form and then add in lemon zest and lemon juice, and parsley and pulse until well mixed and sticking together, about 1 minute. Using a [KitchenAid® Food Processor](#), you can make bread crumbs and much more.
3. Divide crumb mixture into four and press firmly on top of cod. Tuck cod in amongst the peas in the pan and bake for about 25 minutes until topping is golden and fish flakes easily. Spoon cod onto plates with peas, shallots and stock. Sprinkle with green onions.
4. **For the rice:** Soak rice in cold water for 20 minutes. Drain, rinse a few times with cold water and drain again. Cook following rice instructions on the stovetop or using a rice cooker along with remaining ingredients. Give it a good stir and turn on the cooker. When rice is done, fluff up with a fork and serve.
5. Serve cod, peas and rice on a plate and enjoy!

Nutrition Facts

Per 215 g

Calories 160

% Daily Value*

Fat 2.5 g	3 %
Saturated 0.5 g	
+ Trans 0 g	3 %
Carbohydrate 16 g	
Fibre 3 g	11 %
Sugars 4 g	4 %
Protein 19 g	
Cholesterol 35 mg	
Sodium 300 mg	13 %
Potassium 350 mg	7 %
Calcium 40 mg	3 %
Iron 1.5 mg	8 %

*5% or less is a little, 15% or more is a lot

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