

Baked Cod w/Brown Rice Pilaf & Steamed Broccoli

Serving: 1

One Cod filet

Black pepper

1 tablespoon olive oil (plus more for the dish)

1/4 cup cherry tomatoes

1 clove garlic

1/4 lemon, sliced

1/4 teaspoon thyme

2 teaspoons chopped parsley fresh or 1/2 teaspoon dry

For rice pilaf – 1/4 cup brown rice

1 teaspoon olive oil

2 tablespoons diced yellow or red onion

Pinch of salt

1/2 cup chicken broth low sodium

For broccoli – 1 cup broccoli chunked bite size

Preheat oven to 400 degrees – season fish with pepper

1. Rice takes approximately 20 minutes – start with the rice. Place brown rice in a sauce pan with 1 cup of water, bring to a boil, reduce heat and set lid slightly ajar over the pan, cook for approximately 20 minutes until rice absorbs the water. Cut heat and let rest until other items are finished.
2. Combine olive oil, cherry tomatoes, lemon slices, garlic and thyme in a baking dish. Toss to coat and spread in an even layer. Nestle the cod into the other ingredients. Bake fish until opaque and flakes easily with a fork, 15 to 20 minutes, depending on thickness of cod. Serve garnished with parsley and pan sauce.
3. After about 10 minutes with the fish in the oven, set a sauce pan with 1/4 inch of water in the bottom, bring to a simmer, add chunked broccoli, place a lid over the pan and simmer 4 to 5 minutes.
4. Your meal elements should all be ready at the same time!

(Cod boasts a few health benefits, including – heart health, protects against heart arrhythmia, lower triglycerides, helps with blood pressure, protects against stroke and deep vein thrombosis, to name a few 😊 – Chef Brandon)