



# DropChef Oven Baked Cod & Wild Rice Pilau

Tasty spiced stock, peppers, and onions combine with the rice ensuring this dish is packed with nutritious ingredients and flavour. The cod is delicately cooked within the aromas of the rice. The baby cucumber and yogurt side are a fantastic and simple finishing touch!

## Nutritional Info

Calories: 563 kcal

Carbohydrates:  
87.5 g

Protein: 41.7g

Fat: 6.5 g

## Ingredients

- Fresh Cod Fillet
- White Onion
- Red Pepper
- Baby Cucumber
- Lime
- Curry Powder
- Vegetable Stock Cube
- Natural Yogurt
- Rice Mix
  - Wild Rice
  - Basmati Rice

## Your Pantry

- Salt
- Tin Foil

## Allergens

Fish (Cod)

Milk (Yogurt)

Celery (Stock Cube)


Stock Cube may also contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) **Pre-heat the oven to 180°C & boil the kettle**

## 2) **Prepare the vegetables**

Remove the core from the pepper and cut into 2 cm pieces. Slice the onion into thin strips.

## 3) **Make the stock**

Combine the stock cube with 600 ml of boiling water and set aside 150ml per person.

## 4) **Bake the rice & vegetables**

Put the rice, chopped pepper and onion into an oven proof dish, such as a lasagna or casserole dish. Pour over the stock and mix in the curry powder (you can add less if you prefer). Cover the dish with tin foil and bake in the oven for 10 minutes.

## 5) **Add the fish**

Remove the rice and vegetables from the oven. Remove the tin foil and place the fish on top of the rice (skin-side down). Slice a few pieces of lime and place these on top of the fish. Re-cover with tin foil and put everything back in the oven for a further 20-25 minutes until cooked through.

## 6) **Prepare the cucumber side**

While the fish is cooking, dice the cucumber into 1/2 cm cubes and mix this with the yogurt. Season with salt.

## 7) **Plate the dish**

Remove the baked cod and wild rice pilau from the oven and serve with the cucumber yoghurt on the side.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | [#DropChef](#)