



One Pan Cod with Sundried Tomato Rice

A tasty, nutritious dish all cooked together to pack in the flavour! The fresh cod combines with the basil and baby heirloom tomatoes to create a beautiful fresh taste. The Happy Pear sun dried tomato pesto is the finishing touch of Irish ingredients. One pan dish makes this really easy to clean up afterwards!

Ingredients

- Cod Fillet
- Heirloom Tomatoes
- Fresh Basil
- Sun-dried Tomato Pesto
- Red Wine Vinegar
- Basmati Rice

Your Pantry

- Salt & Pepper

Nutritional Info

Calories: 455 kcal
 Carbohydrates: 30 g
 Protein: 43 g
 Fat: 18 g

Allergens

Fish (Cod)
 Nuts (Almonds in Pesto)
 Sulphur Dioxide (Balsamic Vinegar in Pesto)

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) **Put the kettle on**

You'll need some boiling water to make the rice.

2) **Cook the rice**

Get a large pan with a lid. Place the pan on a high heat. In the pan, mix the rice with the pesto and pour in about 200 ml of boiling water per person. Place a lid over the pan and let it cook for 8-10 minutes. While the rice is cooking move onto the next step.

3) **Prepare the tomatoes**

Chop the tomatoes in half. Tear the basil and save a little to scatter over the finished dish at the end. In a bowl, combine the halved tomatoes with some of the torn basil and red wine vinegar. Season with salt & pepper and set aside.

4) **Add the fish & tomatoes**

Place the cod on top of the rice and gently push it down into the rice. Scatter over the tomato and basil mixture. Put the lid back on and boil for another 5 minutes. After the fish has cooked for about 5 minutes take the lid off the pan and leave it on a medium heat allowing any excess water to evaporate.

5) **Finish the dish**

Serve the dish with any leftover basil scattered over the top.



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