



Chile-Blackened Cod with Red Rice Salad

What you need:

- 2 Cod Filets
- Chile Cod Spice Blend: 1 T. each of Cumin, Chipotle Chile Powder, Paprika, Cocoa Powder
- ½ c. Red Rice (or Farro, Quinoa)
- 1 Avocado
- 2 Clementines (or 1 Orange, Grapefruit)
- ½ Red Onion
- 1 Large Bunch Mint (or Cilantro or Epazote)
- 2 T. Red Wine Vinegar
- 2 T. Sugar
- 2 t. Olive Oil
- Salt & Pepper

Steps:

<p>1. Cook the red rice according to package.</p> <ul style="list-style-type: none">a. Bring small pot of water to boil.b. Add rice; cook ~20-25 minutes, or until tender.c. Drain and transfer to medium bowl.d. Store in fridge to cool quickly.	<p>2. Chop the rest of the salad ingredients.</p> <ul style="list-style-type: none">a. Peel and slice red onion.b. Peel and dice citrus fruit into medium cubes.c. Pick leaves off stems and chop a bit smaller.d. Peel, pit and medium dice avocado.
<p>3. Pickle onion.</p> <ul style="list-style-type: none">a. Heat medium pan (nonstick, if possible) on medium until hot.b. Add onion, sugar, vinegar, pinch of salt and ¼ c. water.c. Cook, stir occasionally, until liquid reduces and onions are softened, ~2-5 minutes.d. Transfer to bowl and store in fridge.	<p>4. Cook the cod.</p> <ul style="list-style-type: none">a. Combine spice blend ingredients in a small bowl with salt & pepper to taste.b. Rinse and pat cod filets dry with paper towel.c. Season with spice blend on all sides.d. Heat ~2 t. olive oil on medium-high until hot, use the same pan to pickle onion.e. Add seasoned cod filets; cook ~5 minutes on each side, or until browned.
<p>5. Put all together & Serve.</p> <ul style="list-style-type: none">a. Mix together ingredients for salad (rice, pickled onion, fruit, avocado and half the mint).b. Spoon salad to a bowl or plate, and add cooked cod on top.c. Garnish with remaining mint.	

Estimated Time:

~ 35 - 45 minutes prep & cook time

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