

Spiced Cod with Broccoli-Quinoa Pilaf

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Ingredients

3 teaspoons olive oil

$\frac{1}{2}$ small onion, chopped

kosher salt and black pepper

1 cup quinoa, rinsed well

2 cups chopped broccoli

$\frac{1}{4}$ cup raisins

$\frac{1}{2}$ cup roasted almonds, coarsely chopped

2 scallions, sliced

4 6-ounce pieces skinless cod, halibut, or striped bass fillet

$\frac{1}{2}$ teaspoon paprika

Method

1. Heat 1 teaspoon of the oil in a medium saucepan over medium-high heat. Add the onion and season with $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Cook, stirring occasionally, until softened and starting to brown, 3 to 4 minutes.

2. Add the quinoa and $1\frac{1}{2}$ cups water to the saucepan and bring to a boil; reduce heat to low, cover, and simmer gently until almost all the water has evaporated, 10 to 12 minutes. Fold the broccoli and raisins into the quinoa, cover, and cook until the quinoa and broccoli are tender, 8 to 10 minutes more. Remove from heat and fold in the almonds, scallions, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper.

3. Meanwhile, heat the remaining 2 teaspoons of oil in a large non-stick skillet over medium-high heat. Season the cod with the paprika, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper and cook until opaque throughout, 3 to 4 minutes per side. Serve with the pilaf.

Notes

Melissa's notes – I made the quinoa in my instant pot. I sautéed the onions in 1 teaspoon of oil until brown then added the chopped broccoli, quinoa, raisins, 3/4 teaspoon salt and 1/4 pepper. Set instant pot to high pressure to cook for 1 minute. Let depressurize for 15 minutes. Open instant pot and fluff quinoa. Stir in scallions, chopped nuts, 1/2 teaspoon salt and 1/4 teaspoon pepper.

Prep

- Prep: 25 Minutes
- Total Time: 30 Minutes

Source: Real Simple (4 servings)