



Cod Fish with Mandarins, Walnuts, and Toasted Quinoa

Cod Fish Ingredients:

2 mandarin oranges
10 oz cod fish
¼ tsp salt
¼ tsp freshly ground pepper
½ tsp crushed garlic
1 green onion, minced
1 sliced large carrot
½ sliced red pepper
1 tbsp olive oil
2 tbsp white-wine vinegar
2 tbsp chopped walnuts

Cod Fish Directions:

Peel the mandarin oranges and then cut each slice in half to form small pieces and set aside. Next, sprinkle the cod with salt and pepper and then gently rub the garlic in.

Coat a large non-stick pan with half of the olive oil and then place the fillets in to cook over medium heat, flipping after 2-3 minutes on the first side. Continue to cook until the fish has a white color and flakes easily with a fork.

Place each fillet on a plate and place in a pre-heated oven on low heat to keep warm.

Next, add the remaining olive oil to the pan and once heated, add in the sliced carrot, red pepper, and green onions, cooking for 1-2 minutes or until slightly tender. To this add the vinegar and oranges that were set aside and continue to cook for one minute to allow flavors to blend.

Spoon the vegetables over top of the fish now removed from the oven and then sprinkle with chopped walnuts.

Quinoa Ingredients:

4 tsp light soy sauce
2 tbsp olive oil
1 ½ cups quinoa
2 tsp minced garlic
2 tbsp onion flakes
3 cups water
1 tsp salt
1 cup snow peas, sliced
1/3 cup rice vinegar
1/3 cup sliced mushrooms
½ cup baby shrimp, pre-cooked and thawed

Quinoa Directions:

Heat the olive oil over medium heat in a large pot and once bubbling, add quinoa and continue to cook for about 8 minutes.

Add the garlic and onion flakes and cook for one more minute and then add the 3 cups of water and bring to a boil.

Cover and turn heat to medium and let simmer for 15 minutes or until water is absorbed. Once 15 minutes are up, remove from the heat and let stand for another 5 minutes, covered.

Add in the snow peas, mushrooms, and shrimp and then continue to let stand, covered, for another five minutes.

Finally, drizzle over the soy sauce and then serve alongside the fish from above.