



jerk cod with pineapple salsa & coconut rice

Time for some visualization - hear the crashing surf, watch as the waves roll in, feel the sun warming you from your nose to your toes. What's missing? The taste of the tropics. You can head to Jamaica without leaving home with this tropical trio. One bite of our Jerk-marinated cod, zesty pineapple salsa and creamy coconut rice and you'll instantly be transported to the hot sand, sun and surf.

SERVES: 6



julie albert & lisa gnat

ingredients

Jerk Marinade

- 2 tsp brown sugar
- 1 tsp ground allspice
- 1 tsp kosher salt
- ½ tsp ground cinnamon
- ½ tsp dried basil
- ½ tsp dried thyme
- ½ tsp cayenne pepper
- ½ tsp ground nutmeg
- ¼ tsp freshly ground black pepper
- 2 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp red wine vinegar
- 2 tbsp fresh orange juice
- 1 tbsp fresh lime juice
- 2 thinly sliced scallions, green part only
- 1 tbsp finely minced shallots
- 2 tsp finely grated fresh ginger
- 2 tsp finely diced jalapeno peppers

- 6 (6oz) pieces cod fillets

Pineapple Salsa

- 1½ cups diced fresh pineapple
- 2 tbsp diced red onion
- ¼ cup diced red bell pepper
- 1 tbsp fresh mint, thinly sliced
- 1 tbsp fresh lime juice
- 1 tsp honey
- Kosher salt, to taste

Coconut Rice

- 2 tsp vegetable oil
- 2 cups Basmati rice, rinsed and drained
- 2 cups canned coconut milk
- 2 cups water
- 1 tsp kosher salt

directions

1. For the jerk fish marinade, in a medium bowl, stir together brown sugar, allspice, salt, cinnamon, basil, thyme, cayenne pepper, nutmeg and black pepper. Whisk in olive oil, soy sauce, red wine vinegar, orange juice and lime juice. Stir in scallions, shallots, ginger and jalapenos. Pour marinade into a zip lock bag and place fish in the marinade. Refrigerate for 2 hours and while fish marinates, prepare the pineapple salsa and coconut rice.
2. For the pineapple salsa, in a medium bowl, combine pineapple, red onion, red pepper, mint, lime juice and honey. Toss to combine. Season to taste with salt. Cover and refrigerate for at least one hour to blend flavors.
3. For the coconut rice, heat vegetable oil in a saucepan over medium heat. Add the rice and sauté for 2 minutes. Add milk, water, salt and bring to a boil. Reduce heat to a simmer, cover and cook 15-20 minutes, until the liquid has been absorbed. Serve hot.
4. Preheat oven to 375°F. Remove fish from marinade and line a baking sheet with aluminum foil and coat with non-stick cooking spray. Bake 9-12 minutes or until fish is just cooked through. Serve fish over rice and top with pineapple salsa.

