



TABLE & TWINE



CITRUS
COCONUT
STEAMED COD

Cod

Coconut
jasmine rice

Bok Choy

Citrus beurre
blanc

Almonds, Cilantro &
Scallions



STEP 1

Preheat oven to 375°. Remove twine and place cod on sheet pan (do not remove from packaging).

STEP 2

Place cod package in hot oven for 15-20 minutes, or until cod reaches an internal temperature of 145°F.

***FOR EVERY ADDITIONAL SERVING, PLEASE ADD 15 MINUTES OF COOKING TIME.**

1 SERVING

2 SERVINGS

3 SERVINGS

4 SERVINGS

15-20 MIN

30-35 MIN

45-50 MIN

60-65 MIN

STEP 3

Heat a sautee pan with 1-2 tablespoons of your preferred cooking oil. Sautee bok choy over medium high heat for 3-5 minutes.

STEP 4

Transfer rice to a microwave safe dish and microwave for 1-2 minutes or until warm.

STEP 5

Transfer beurre blanc to a microwave safe dish and microwave in 10 second intervals until warm.

STEP 6

Once the cod has finished cooking, unwrap the parchment package and remove the aluminum pouch. Carefully open the aluminum from the top and remove cod from aluminum onto your preferred serving dish. You can top the cod with the remaining liquid from the aluminum pouch if you desire.

STEP 7

Serve hot cod over rice and along side bok choy. Drizzle with citrus beurre blanc and top with almonds, cilantro, and scallions.

COOKING TIMES MAY VARY, PLEASE MAKE SURE FOOD IS COOKED ALL THE WAY THROUGH BEFORE CONSUMING.