



FISH IN GENOISE ORANGE SAUCE

with Roasted Beets and Green Beans in an Almond Vinaigrette

MAKE FIRST

PRONTO



HELLO BEETS

This tasty root vegetable is chock full of immune-boosting Vitamin C

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 682



Cod



Red Onion, sliced



Green Beans, trimmed



Pre-Cooked Beets



Navel Orange



Almonds, sliced



Dill



White Quinoa



Vegetable Broth Concentrate

BUST OUT

- Baking Sheet
- Measuring Cups
- Large Non-Stick Pan
- Zester
- Measuring Spoons
- Butter **2**
(2 tbsp | 4 tbsp)
- Small Bowl
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Cod **0** 285 g | 570 g
- Red Onion, sliced 56 g | 113 g
- Green Beans, trimmed 170 g | 340 g
- Pre-Cooked Beets 250 g | 500 g
- Navel Orange 1 | 2
- Almonds, sliced **5** 28 g | 56 g
- Dill 10 g | 20 g
- White Quinoa ½ cup | 1 cup
- Vegetable Broth Concentrate 1 | 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **400°F** (to roast the beets). Start prepping when the oven comes up to temperature! In step 1, we suggest cutting the beets on a large plate and to wear kitchen gloves to avoid stained hands!



1 PREP

Wash and dry all produce.* Zest **half the orange** (1 orange for 4 ppl), then juice the **whole orange** into a small bowl (2 oranges for 4 ppl). Quarter the **beets**. On a baking sheet, toss the beets and the orange zest with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, until the beets are heated through, 12-13 min.



4 COOK FISH

Pat the **cod** dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium-high heat. Add a drizzle **oil**, then the cod. Pan-fry until golden-brown and cooked through, 3-4 min per side. Transfer the cod to a plate and cover to keep warm. Set aside.



2 COOK QUINOA

Meanwhile, in a medium pot, bring the **broth concentrate(s)** and **1 cup water** (double for 4 ppl) to a boil. Cut the **green beans** in half. Chop **2 tbsp dill** (double for 4 ppl). Add the **quinoa** to the boiling water and reduce the heat to low. Cover and cook, until the quinoa is tender and all the water has been absorbed, 12-15 min.



5 MAKE ORANGE SAUCE

Add **2 tbsp butter** (double for 4 ppl), **orange juice** and **dill** to the pan. Cook, stirring together, until the butter melts and the sauce is fragrant, 1-2 min.



3 COOK GREEN BEANS

Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **green beans** and **onions**. Season with **salt** and **pepper**. Cook, stirring often, until the veggies start to soften, 3 min. Add the **almonds**. Cook, stirring often, until almonds are golden-brown, 2-3 min. Transfer to a plate and cover to keep warm. Set aside.



6 FINISH AND SERVE

Fluff the **quinoa** with a fork and divide between plates. Top with the **fish** and **veggies**. Spoon the **orange sauce** over the fish.

NUTTY!

Toasted almonds add loads of flavour to these green beans!

