



## Chinese Five-Spice Fish

with Garlic and Ginger Broccoli



30-40min



2 Servings

The special component of this dish is a combination of ingredients that doubles as a marinade and a stir-fry sauce. The sauce is made up of tamari, Chinese five-spice, and honey—a sweet, salty, and spicy combination that keeps you coming back for more. Cook, relax, and enjoy!

## What we send

- toasted sesame seeds <sup>11</sup>
- shallot
- large clove garlic
- red chile
- broccoli crowns
- Chinese five-spice
- packet honey
- fresh ginger

## What you need

### Tools

- large skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

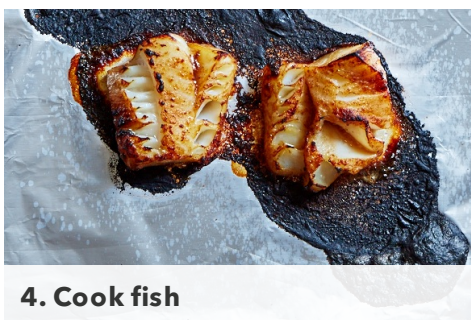
### Nutrition per serving

Calories 670kcal, Fat 19g, Carbs 67g, Proteins 53g



### 1. Marinate cod

In a medium bowl, combine **Chinese five-spice, honey, tamari**, and 2 tablespoons **oil**. Add **cod** and turn to coat.



### 4. Cook fish

Line a rimmed baking sheet with foil. Lift **cod** from marinade and transfer to the baking sheet. Reserve **marinade** for **vegetables**. Place cod under the broiler and broil until just cooked through, 8-10 minutes (watch closely as broilers vary in intensity).



### 2. Prepare ingredients

Bring a medium pot of water to a boil for the noodles. Peel and slice **garlic**. Peel and thinly slice **ginger**; stack slices and cut into thin matchsticks. Peel and thinly slice **shallot** into rounds. Cut **broccoli** into bite-size pieces. Thinly slice **chili** into rounds and discard seeds.



### 5. Cook vegetables

Meanwhile, heat 2 tablespoons **oil** in a large skillet over medium. Add **garlic, ginger, shallot**, and **half of sliced chili** (or less depending on preference), and cook, stirring, until starting to brown, 1-2 minutes. Add **broccoli, reserved marinade**, and 2 tablespoons **water**; simmer over low heat until broccoli is tender and coated with sauce, about 5 minutes.



### 3. Soak noodles

Preheat broiler with a rack 6-inches from heat source. Place **noodles** in a heatproof bowl and cover with the boiling water. Let sit until tender, about 5 minutes. Separate noodles with a fork. Drain and rinse under cold water.



### 6. Serve

Add **noodles** to skillet and cook, stirring until heated through and combined, 1-2 minutes. Divide between two bowls and top with **cod**. Garnish with **sesame seeds** and more **sliced chili** if desired. Enjoy!