

Ginger-Lime Cod Bowls with Rice, Edamame & Roasted Squash

YIELD 2 SERVINGS

PREP 15 MINUTES

COOK 30 MINUTES

INGREDIENTS

- 1/2 cup dry jasmine rice
- 3/4 cup water
- 2 cups peeled, cubed butternut squash (about 12 oz)
- 1 Tbsp olive oil, divided
- 12 oz cod fillets, divided into two pieces
- 3/4 tsp kosher salt, divided
- 1/4 tsp black pepper
- 1 cup frozen shelled edamame
- 1 Tbsp reduced-sodium soy sauce
- 1 Tbsp fresh lime juice
- 1 tsp finely grated fresh ginger
- 1 tsp toasted sesame oil
- 2 tsp honey

DIRECTIONS

01 Heat the oven to 425°F. Toss the squash with 2 tsp of the olive oil and 1/4 tsp of the salt. Spread on a sheet pan and roast for 15 minutes.

02 While the squash starts roasting, rinse the rice. Combine it with 3/4 cup water in a small saucepan. Bring to a boil, cover, reduce the heat to low, and cook for 15 minutes. Rest, covered, for 5 minutes, then fluff.

03 Whisk the soy sauce, lime juice, ginger, sesame oil, and honey in a small bowl. Pat the cod dry. Rub it with the remaining 1 tsp olive oil, 1/2 tsp salt, and the pepper.

04 Move the squash to one side of the sheet pan and place the cod on the other. Roast for 10-12 minutes more, until the squash is tender and the cod flakes easily and reaches 145°F in the thickest part.

05 Heat the edamame according to the package directions. Divide the rice, squash, edamame, and cod between two bowls. Spoon the ginger-lime sauce over the fish and vegetables.

JANE'S NOTE

The cod and edamame carry the protein here; the rice and squash make it a full meal. I keep the sauce on the side for the portion I save for lunch.

MAKE-AHEAD & STORAGE

Refrigerate the second portion in a covered container for up to 2 days, with the sauce separate if possible. Reheat the rice, squash, and edamame until steaming hot; warm the cod gently until hot throughout.