



Apricot-Glazed Cod with Coconut Risotto and Bok Choy

We love this creative twist on one of our favorite fall comfort foods: risotto. Instead of the traditional broth, coconut milk is used to simmer Arborio rice for nutty, sweet flavor and creamy texture. Butter and white wine add richness, aromatics add complexity, and bok choy adds a pop of color; then, it's topped with sticky, apricot-glazed cod, plus fragrant, toasted coconut flakes.

40–50 minutes 630 calories per serving

Plated.

Ingredients

1 can lite coconut milk
8 ounces baby bok choy, divided
2 scallions, divided
 $\frac{1}{8}$ ounce ginger
2 cloves garlic
5 packets unsalted butter, divided
 $\frac{3}{4}$ cup Arborio rice
2 tablespoons white wine
10 ounces cod
 $\frac{1}{2}$ ounce coconut flakes
1 jar apricot preserves
2 packets gluten-free soy sauce

You'll need

kosher salt
black pepper
2 8" medium pots, 1 with lid
aluminum foil
baking sheet

Recipe tips

Be sure to read through the entire recipe before you begin cooking.

Coconut milk solids naturally separate from the liquids during transit. No worries; it will come together during cooking. Vigorously shake the can before opening, or pierce the solids with a spoon before pouring into the pan to avoid a messy splatter.

Need a trick for peeling ginger? Head to plated.me/chopshop for a how-to video straight from our Test Kitchen. (Hint: All you need is a spoon!)

USDA recommends cooking fish to 145°F.

Questions? Email help@plated.com or call 855-525-2399. Visit plated.me/allergens for more information on dietary restrictions.
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1. Warm coconut milk

Preheat oven to 425°F. Open **coconut milk** (see recipe tip) and pour into a medium pot, then add **1 cup water**. Bring to a boil over medium-high heat, then remove pot from heat and cover to keep warm until Step 4.



2. Prepare ingredients

While coconut milk warms, halve **bok choy** lengthwise and rinse thoroughly (it tends to hide a lot of dirt between its leaves); cut crosswise into 1-inch pieces, keeping bulbs and leaves separate. Rinse **scallions** and trim and discard roots; halve lengthwise, then then cut crosswise into 1-inch pieces. Trim and discard skin of **ginger** and mince (see recipe tip). Mince **garlic**.



3. Sauté aromatics and toast rice

In a separate medium pot, heat **2 packets butter** over medium-high heat. When butter is foamy, add **ginger**, **garlic**, **bok choy bulbs**, and **scallion whites and light greens**; sauté, stirring, until softened, 3–4 minutes. Add **Arborio rice** and cook, stirring frequently to prevent burning, until toasted and translucent, 2–3 minutes. Stir in **white wine** and **$\frac{1}{4}$ teaspoon salt** and simmer until liquid is mostly absorbed, 30 seconds more.



4. Simmer risotto

Add **warmed coconut milk** to pot with rice and stir to combine. Increase heat to high and bring to a boil, then reduce heat to medium low and simmer, stirring occasionally, until liquid is mostly absorbed and rice is tender, 15–18 minutes (move on to Step 5—but don't forget to come back!). Then, stir in **bok choy leaves**, **scallion dark greens**, **$\frac{1}{2}$ teaspoon salt**, and **pepper** as desired. Remove pot from heat.



5. Bake cod and toast coconut

While risotto simmers, line a baking sheet with foil. Pat **cod** dry with paper towel and place on 1 half of prepared sheet. Season with **$\frac{1}{4}$ teaspoon salt** and **pepper** as desired. Bake until cod is almost cooked through, about 6 minutes. Then, add **coconut flakes** to other half of sheet and continue baking until cod is opaque and coconut is golden and fragrant, 1–2 minutes more.



6. Make glaze and plate cod

While cod bakes, unwrap **remaining butter packets**, place in a small heatproof bowl, and microwave in 30-second intervals until completely melted. Stir in **apricot preserves** and **soy sauce** to combine. Divide **coconut risotto** between serving plates. Top with **cod**, spoon over **apricot glaze**, and garnish with **toasted coconut**. Dig in!