

Healthy Harvest® Pasta Sauce Baked Cod Packets with Tomato Rice

Preparation Time: 10 minutes

Cooking time: 20 minutes

Servings: 4



Now 'Fish Friday' can be any day with this delicious dinner of oven-poached fish served with a speedy tomato-infused rice.

Ingredients

1 jar **Healthy Harvest® Pasta Sauce, Arrabbiata**,
(570 mL) divided

1 cup **Minute Rice® Premium Whole Grain Brown Rice**
(250 mL)

2 tbsp butter, divided
(30 mL)

2 cups sliced zucchini and yellow peppers
(500 mL)

4 cod filets, about 6 oz (175 g) each

1/4 tsp each salt and pepper, divided
(1 mL)

8 slices lemon

3/4 cup sodium-reduced chicken broth
(175 mL)

1/4 cup each finely grated carrot and chopped green onion
(60 mL)

Instructions

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1. Preheat oven to 400°F (200°C).
 2. Lay 1 large sheet of foil on work surface. Place 1 tsp (5 mL) butter in centre and top with one quarter each zucchini and peppers. Drizzle with 2 tbsp (30 mL) pasta sauce.
 3. Top with a piece of cod. Season fish with a little salt and pepper. Spoon 1/4 cup (60 mL) pasta sauce over fish. Top with 2 lemon slices. Fold up sides and seal all edges to enclose. Repeat to create 4 packets.
 4. Place packets on a large baking sheet. Bake for 20 minutes.
 5. Meanwhile, stir remaining sauce with rice and broth in a microwaveable dish with a tight fitting lid. Cover and cook on High for 10 minutes. Stir in carrot, green onion and remaining butter. Let stand for 5 minutes. Serve fish and vegetable packets with rice.
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Tips:

- To ensure the fish is cooked, wearing oven mitts and avoiding steam, carefully check one packet. If the fish doesn't flake when checked with a knife, return packets to oven for 5 minutes.
- Use the fine side of a box grater to grate the carrot.
- Replace the cod with another white fish such as haddock or tilapia.
- For a zesty addition, add 1 tsp (5 mL) capers to each packet.

Nutritional Information per serving (1/6th recipe or 1 packet with 1/2 cup/125 mL rice):

425 calories, 11 g fat, 4 g saturated fat, 934 mg sodium, 37 g carbohydrates, 5 g fibre, 11 g sugars, 40 g protein.

Excellent source of vitamin C, vitamin B12 and magnesium. Good source of vitamin A and niacin.



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