



SPOTLIGHT RECIPE

CITRUS-MARINATED COD FILLET WITH CALABACITAS SPAGHETTI IN A CALDO DE PESCADO

This recipe is a refined, vegetable-forward take on traditional Mexican seafood, combining a zesty, acid-brightened cod with a rich, smoky broth. It replaces heavy starches with “noodles” made from calabacitas (Mexican squash) to create a lighter, more modern meal.

SERVES 6



Chef Spotlight
Celebrating Foods of the World



For ingredients and
cooking directions, please
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INGREDIENTS

- 1/2 cup orange juice
- 2 tablespoons lemon juice
- 1 tablespoon lemon zest
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon parsley, chopped
- 1 tablespoon cilantro, chopped
- 2 tablespoons olive oil
- Six 6-ounce cod fillets
- 3 medium calabacitas (Mexican gray squash) or zucchini, spiralized into "spaghetti" strands
- 1 tablespoon garlic, minced
- 1 teaspoon red pepper flakes
- 1 1/2 cups fish broth
- 1 cup potato, diced
- 1/2 cup celery, diced
- 1/2 cup carrots, diced
- 1/2 teaspoon ancho chili
- 1 teaspoon chipotle pepper

DIRECTIONS

In a bowl, whisk together the orange juice and lemon juice, lemon zest, salt, pepper, parsley and cilantro. Marinate the cod fillets in the mixture for no more than 30 minutes. Save the marinade for the fish broth.

Heat the oil in a heavy skillet over medium-high heat. Cook the cod for 3 to 4 minutes per side until golden brown and flaky. Set aside. Spiralize the squash into thin strands and, in the same pan, add the garlic for 2 minutes until just tender. Avoid overcooking to prevent the squash from becoming mushy.

In a sauce pot, add the fish broth, the potato, celery, carrots, ancho chili and chipotle pepper. Cook for 10 minutes until the vegetables are tender. Add the cod marinade to the broth and reduce. Serve over the cod.

