



COD IN INDIAN-SPICED TOMATO SAUCE WITH SAUTÉED CHARD

Servings: 12

Ingredients

- 12 servings Superfoods Mushroom: Whole+Sum 100: Sautéed Chard with Mushrooms
- 6 tablespoons olive/canola oil blend
- 3 tablespoons garlic, minced
- 3 tablespoons cumin seeds
- 3 tablespoons ground coriander
- 3 tablespoons mustard seeds
- 1 tablespoon fennel seeds
- 3/4 teaspoon paprika
- 3/4 teaspoon kosher salt
- 3/8 teaspoon black pepper
- 6 tablespoons tomato paste
- 1 1/8 quart crushed tomatoes, no added salt
- 3/4 cup vegetable broth
- 3 pounds fresh cod fillet, cut into cubes

Directions

Make the barley and brown rice and sauté the chard and mushrooms according to the recipe. Hold hot.

Heat the oil in a skillet over medium-high heat. When the oil is hot add the garlic, cumin seeds, coriander, mustard seeds, fennel seeds, paprika, salt and pepper and cook for 20 seconds. Stir in the tomato paste and cook for 10 seconds.

Stir the crushed tomatoes and vegetable broth into the skillet Bring to a boil, and then reduce the heat to low and cook for 5 minutes. Turn off the heat and set aside.

Add the fish to the hot prepared tomato sauce. Simmer in the hot sauce until cooked through, about 10 minutes. Hold hot for hot service.

Serve the fish with the barley, rice and chard mushrooms.

Side dishes

Barley
Rice



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