



OLD BAY PANKO-CRUSTED COBIA

with Roasted Asparagus & Lemon Parsley Rice

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



1 | 1
Lemon



6 oz | 12 oz
Asparagus



¼ oz | ½ oz
Parsley



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Old Bay
Seasoning



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Cobia
Contains: Fish



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!



HELLO

COBIA

A buttery, mild fish that stays juicy and firm
when cooked

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 670



HELLO FRESH

YOU OLD SALT!

Old Bay contains a good amount of salt, so season as directed (and be sure to taste the cooked fish before adding any more).

BUST OUT

- Small pot
 - Medium bowl
 - Zester
 - Baking sheet
 - Small bowl
 - Paper towels
-
- Kosher salt
 - Black pepper
 - Cooking oil (**2 tsp | 2 tsp**)
 - Butter (**2 TBSP | 4 TBSP**)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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*Cobia is fully cooked when internal temperature reaches 145°.



1 COOK RICE

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees.
- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in Step 5.



4 ROAST ASPARAGUS & COBIA

- Toss **asparagus** on one side of a baking sheet with a **drizzle of oil**, **salt**, and **pepper** (for 4 servings, spread out across entire sheet).
- Lightly **oil** empty side of baking sheet (for 4, use a second baking sheet). Pat **cobia*** dry with paper towels and season with **salt** and **pepper**.
- Place cobia on **oiled** side of sheet; brush tops with a **thin layer of sauce** (save the rest for serving). Mound with **panko mixture**, pressing firmly to adhere (no need to coat the undersides).
- Roast on top rack (for 4, roast asparagus on top rack and cobia on middle rack) until crust is golden brown and fish is cooked through, 12-15 minutes.



2 PREP

- While rice cooks, **wash and dry produce**.
- Trim and discard bottom 1 inch from **asparagus**. Roughly chop **parsley**. Zest and quarter **lemon**.



5 FINISH RICE

- Fluff **rice** with a fork; stir in **parsley**, **lemon zest**, **1 TBSP butter (2 TBSP for 4 servings)**, and a **squeeze of lemon juice** until combined. Season with **salt** and **pepper**.



3 MIX SAUCE & PANKO

- In a small bowl, combine **sour cream** and **1 tsp Old Bay Seasoning (2 tsp for 4 servings)**. Add **water** 1 tsp at a time until sauce reaches a drizzling consistency.
- Place **1 TBSP butter (2 TBSP for 4)** in a medium microwave-safe bowl. Microwave until melted, 30 seconds.
- Let cool slightly, then stir in **panko** and **1 tsp Old Bay Seasoning (2 tsp for 4)**. (Be sure to measure the Old Bay Seasoning—we sent more!)



6 SERVE

- Divide **cobia**, **rice**, and **asparagus** between plates. Drizzle **remaining sauce** over cobia and serve with any **remaining lemon wedges** on the side.

WK 27-12