

COD NUGGETS WITH VEGETABLES

EASY, HEARTY COMFORT FOOD THAT ANYONE CAN MAKE



120g MSC Certified cod

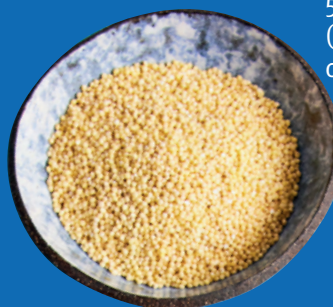
LOOK
FOR THE
BLUE MSC
ECOLABEL



1 piece of
steamed bun



50g Millet
(or quinoa /
couscous)

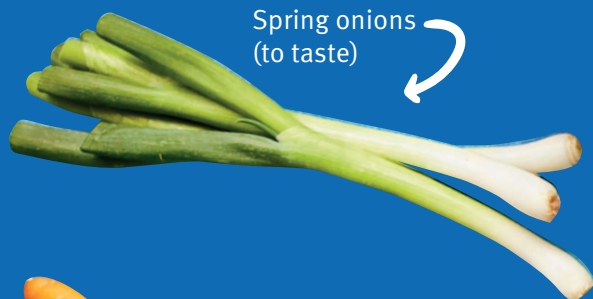


2 tbsp
starch



INGREDIENTS

Spring onions
(to taste)



half carrot



1 egg white



COD NUGGETS WITH VEGETABLES

INGREDIENTS CHECK LIST

- ☐ 120g MSC certified cod
- ☐ 1 piece steamed bun
- ☐ 50g millet (or quinoa / couscous)
- ☐ Half carrot
- ☐ Spring onions (to taste)
- ☐ 2 tbsp starch
- ☐ 1 egg white

METHOD

- 1 Wash the millet and soak for 2 hours
- 2 Shred the steamed bun
- 3 Finely chop the carrot and spring onion



- 4 Thinly slice the cod



CHOP,
CHOP!

- 5 Mix the cod, steamed bun and carrot, spring onion and, egg white, then add the starch and stir until thick



STIR, STIR!

- 6 Roll the mixture into small balls and coat them with the millet, then steam for 30 minutes in a steamer



- 7



Serve hot with your choice of dipping sauce (we suggest soy sauce)

ENJOY!



COOKING QUIZ



1 Why do you think it's important to eat sustainable cod?

1.
2.
3.



2 What could you use if you didn't have a steamed bun?

.....

3 Which two safety precautions would you take while cooking this dish?

- ☐ Taking care while using a knife to shred the vegetables
- ☐ Making sure the water in the steamer is always cold
- ☐ Using oven gloves to take the lid off the steamer

4 What would you do with any leftover egg yolk from this recipe?

.....

5 Cod is:

A source of protein

☐ TRUE

☐ FALSE

High in fat

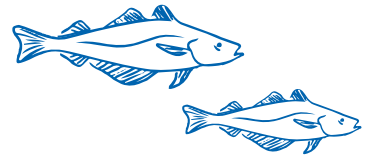
☐ TRUE

☐ FALSE

A source of vitamins B

☐ TRUE

☐ FALSE



HOW MUCH DO YOU KNOW ABOUT COD?

Cod are found in cold waters around the Arctic. Although cod are usually found at depths between 20 feet to 200 feet, they will dive down to 660 feet during the mating season. The biggest cod can grow to nearly 2m long!

6 Cod tend to swim near the surface of the ocean ☐ TRUE ☐ FALSE

Cod is popular to eat all around the world and has been part of the diet in Europe since the Stone Age. However, in 1992 there was a big collapse of the Grand Banks cod fishery in Canada leading to 35,000 fishers and plant workers from over 400 coastal communities to lose their jobs. This event highlighted the global issue of overfishing.

7 Cod is a key ingredient in the national dishes of at least three countries ☐ TRUE ☐ FALSE

8 Lots of the pollock we eat is caught in ☐ Nigeria ☐ Norway ☐ New Zealand

The collapse of the Grand Banks cod fishery showed how overfishing could impact the environment and people's livelihoods, and the importance of fishing at sustainable levels. It also set in motion the formation of the Marine Stewardship Council as an independent non-profit organisation in 1997.

Answers: 1. The recipe is suitable for people eat kosher food but it is not suitable for vegetarians because it contains fish and not suitable for people with a wheat allergy because of the steamed bun. 2. You could use any other type of white bread. 3. Taking care while using a knife to shred the vegetables and using oven gloves to take the lid off the steamer (if the steamer is always cold, the fish won't cook). 4. There are lots of ways to use a leftover egg yolk, such as in cakes, brushing on uncooked pastry, or adding to an omelette. You can also freeze egg yolks! Just add a teaspoon of sugar or a pinch of salt to the beaten egg yolk before freezing it to preserve the proteins, and defrost it completely before using straightaway. 5. True / False / True. 6. False, they swim near the seabed. 7. True - Jamaica (salt fish and ackee), Portugal (bacalao, or salted cod) and England (fish and chips). Can you think of any others? 8. Norway.