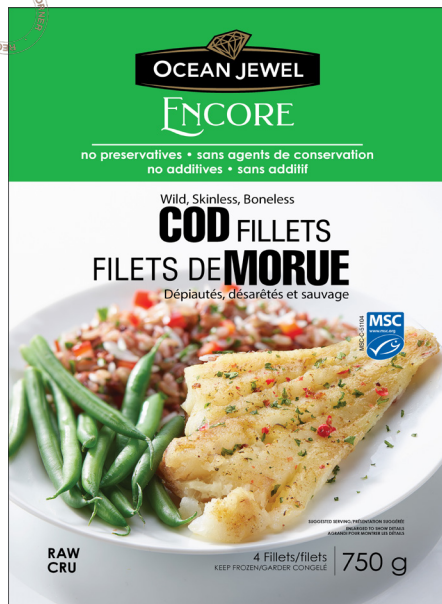


# MAPLE-SOY GLAZED COD WITH BUTTERNUT SQUASH PURÉE

Prep  
**30**  
Minutes

Cook  
**45**  
Minutes

Serves  
**4**



## 1 PACKAGE OF PACIFIC COD FILLETS

Cod is a mild fish that lends itself well to bold flavours like maple and soy. This simple sauce pairs well with the fish and accompanying sides.



## RECIPE

### INGREDIENTS

#### Maple-Soy Glazed Cod:

- 4 fillets **Ocean Jewel Encore™ Pacific Cod**, thawed
- 1/4 cup maple syrup
- 2 tbsp soy sauce
- 2 tsp sesame oil
- 1 Thai red chili pepper, finely chopped (optional)

#### Butternut Squash:

- 1 butternut squash (2 to 2 ½ lb)
- 1 tbsp olive oil, divided
- Pinch of ground nutmeg, cinnamon, and allspice
- 1/2 cup 35% heavy cream
- 2 tbsp butter, cut into cubes
- 2 tsp maple syrup
- 1 tbsp minced fresh ginger
- 1 tsp orange zest
- 1/4 tsp each of salt and pepper

#### Sautéed Spinach:

- 5 oz baby spinach
- 1/4 cup butter
- 2 cloves garlic, minced
- 1/4 tsp each of salt and pepper
- Pinch red chili flakes
- Lime wedges, for serving

### METHOD

1. Preheat oven to 425°F.
2. Thaw fish according to package instructions. Stir together maple syrup, soy, sesame oil and chili pepper. Toss with cod; refrigerate for 30 minutes.
3. Peel and cut butternut squash in half lengthwise and scrape out seeds with spoon. Place into a bowl and toss with olive oil, nutmeg, cinnamon, and all spice. Cut squash into cubes and place on parchment paper-lined baking sheet.
4. Bake squash for 30 minutes depending on size of the squash pieces or until tender. Remove from oven.
5. Increase oven to 450°F. Bake cod on parchment paper-lined baking sheet for 8-12 minutes or until just cooked through and starting to flake.
6. In food processor, purée butternut squash, heavy cream, butter, maple syrup, minced ginger and orange zest until smooth. Season with salt and pepper.
7. Melt butter in skillet set over medium-high heat; cook for about 2 minutes, swirling pan until butter stops frothing and turns light brown color. Stir in garlic and chili flakes; cook for 30 seconds. Stir in spinach, salt and pepper; cook for 3 to 5 minutes or until wilted.
8. Divide butternut squash purée among 4 shallow bowls; top with spinach and cod. Serve with lime wedges.

**Tip: Baste the cod with the marinade halfway through cooking to intensify the flavour.**