

Cod & Miso Soba Noodles

with Multicolored Cherry Tomatoes & Eggplant

In summer, eggplants of all shapes and sizes swell heavy on the vine. Let's celebrate this mild, hearty produce. For this Japanese-inspired recipe, depending on what's freshest near you, we'll be sending you either a purple eggplant or a delicate white eggplant. To bring out the fruit's subtle, savory flavor, we're sautéing it, then serving it in a cooling soba noodle salad—along with multicolored cherry tomatoes—as a side for pan-seared cod. And for crunchy texture and an intensely aromatic finish, we're garnishing the dish with peanuts and Thai basil.



Ingredients

- 2 Cod Fillets
- 6 Ounces Soba Noodles
- 4 Ounces Multicolored Cherry Tomatoes
- 2 Scallions
- 1 Eggplant
- 1 Bunch Thai Basil

Knick Knacks

- 2 Tablespoons Peanuts
- 2 Tablespoons Ponzu Sauce
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sesame Oil
- 1/4 Cup White Miso Paste

Makes 2 Servings

About 665 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/669

1



Prepare the ingredients & make the sauce:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Halve the tomatoes. Peel and mince the ginger. Cut off and discard the root ends of the scallions; thinly slice the white bottoms and cut the green tops into $\frac{1}{2}$ -inch pieces. Cut off and discard the stem end of the eggplant. Halve the eggplant lengthwise, then slice crosswise into $\frac{1}{2}$ -inch-thick pieces. Pick the Thai basil leaves off the stems; discard the stems. Roughly chop the peanuts. In a large bowl, whisk together the **ponzu sauce, sesame oil, miso paste and 2 tablespoons of water** until smooth; season with salt and pepper to taste.

2



Cook the tomatoes & aromatics:

In a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **tomatoes, white bottoms of the scallions and ginger**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until fragrant and the tomatoes have softened. Transfer to the bowl of sauce; stir to combine. Wipe out the pan.

3



Cook the eggplant:

In the same pan, heat 2 teaspoons of oil on medium-high until hot. Add the **eggplant** in a single layer; season with salt and pepper. (If necessary, work in batches.) Cook, stirring occasionally, 6 to 8 minutes, or until softened and lightly browned. Transfer to the bowl of sauce, tomatoes and aromatics. Wipe out the pan.

4



Cook the noodles:

While the eggplant cooks, add the **noodles** to the pot of boiling water. Cook 5 to 7 minutes, or until tender. Drain thoroughly and rinse under warm water to prevent sticking.

5



Cook the fish:

Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the eggplant, heat 2 teaspoons of oil on medium-high until hot. Add the seasoned fillets and cook 2 to 4 minutes per side, or until golden brown and cooked through. Remove from heat.

6



Finish & plate your dish:

Rinse the **cooked noodles** under warm water once more; drain thoroughly. Add the rinsed noodles and **half the Thai basil** (tearing just before adding) to the bowl of sauce and cooked vegetables. Stir to combine and season with salt and pepper to taste. Divide the **finished noodles and vegetables and cooked cod fillets** between 2 plates. Garnish with the **peanuts, green tops of the scallions and remaining Thai basil**. Enjoy!