

Seared Cod & Pickled Grapes

with Butternut Squash & Farro Salad

We love adding sweet ingredients to savory entrées for delicious complexity. Here, we're going a step further to amp up our flavors. As a topping for crispy cod, we're quick-pickling red grapes with red wine vinegar and sugar. The pickled grapes add bright sweetness and a bit of tartness to the dish, which includes a warm salad of farro and butternut squash—a true prize of autumn. Sautéed spinach and fresh thyme complete the salad, dressed simply with a splash of lemon juice.



Ingredients

- 4 Cod Fillets
- $\frac{2}{3}$ Cup Semi-Pearled Farro
- 4 Ounces Red Grapes
- 1 Butternut Squash
- 1 Lemon
- 1 Red Onion
- $\frac{1}{2}$ Pound Spinach
- 1 Bunch Thyme

Knick Knacks

- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Sugar
- $\frac{1}{4}$ Cup All-Purpose Flour

Makes 4 Servings

About 515 Calories Per Serving

Prep Time: 15 min | Cook Time: 35 to 45 min



1



Cook the farro:

Heat a large pot of salted water to boiling on high. Once boiling, add the **farro**. Cook 16 to 18 minutes, or until tender. Drain thoroughly and return to the pot. Set aside in a warm place.

2



Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Halve the grapes; place in a heatproof bowl. Cut off and discard both ends of the squash. Peel the squash; halve crosswise, then halve the rounded bottom lengthwise. Scoop out and discard the seeds and pulp; small dice the squash. Peel and small dice the onion. Pick the thyme leaves off the stems; discard the stems and roughly chop the leaves. Roughly chop the spinach. Quarter and deseed the lemon.

3



Pickle the grapes:

In a large pan (nonstick, if you have one), combine the **vinegar**, **sugar** and **¼ cup of water**. Heat to boiling on high. Once boiling, carefully pour the pickling liquid into the heatproof bowl of **grapes**; season with salt and pepper. Set aside to pickle for at least 15 minutes. Carefully wipe out the pan.

4



Start the vegetables:

In the pan used to make the pickling liquid, heat 1 tablespoon of olive oil on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 9 to 11 minutes, or until browned and tender.

5



Finish the vegetables & make the farro salad:

Add the **onion** and **half the thyme** to the pan of squash; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the spinach has wilted. Transfer to the pot of **cooked farro**. Add the **juice of all 4 lemon wedges**. Stir to thoroughly combine; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

6



Cook the cod & serve your dish:

Place the **flour** on a large plate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the flour (tapping off any excess). In the pan used to cook the vegetables, heat a thin layer of oil on medium-high until hot. Add the fillets, coated sides down. Cook 3 to 5 minutes on the first side, or until browned and crispy. Flip and cook 1 to 2 minutes, or until cooked through. Remove from heat. Divide the **farro salad** between 4 dishes. Top with the **cooked cod fillets**. Garnish with the **pickled grapes** (draining just before adding) and **remaining thyme**. Enjoy!