

Crispy Cod & Yuzu-Shoyu Soba

with Cabbage & Togarashi

The word “shoyu” refers to Japanese soy sauce, traditionally made with soybeans and wheat. In this recipe, we’re using a light variety of shoyu—lighter than regular soy sauce in color, flavor and consistency. Together with citrusy yuzu juice, it creates a delectable, smooth dressing for our soba noodles. Seared cod dusted with togarashi-inspired spices (including sweet and hot paprika and dried orange peel) completes this easy, sophisticated dinner.

Blue Apron Wine Pairings

Blue Quail Riesling, 2015

Airfield Estates Chardonnay, 2015



Ingredients

2 Cod Fillets
5 Ounces Soba Noodles
6 Ounces Green Cabbage
2 Scallions

Knick Knacks

1 1-Inch Piece Ginger
1 Tablespoon Mirin
1 Tablespoon Yuzu Juice
¼ Cup All-Purpose Flour
¼ Cup Light Soy Sauce
1 Teaspoon Togarashi Spice Blend

(Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds)

Makes: 2 servings | **Calories:** about 525 per serving

Prep Time: 10 minutes | **Cook Time:** 15–25 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/852

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and mince the ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Cut out and discard the cabbage core; thinly slice the leaves. In a bowl, combine the **yuzu juice**, **soy sauce** and **mirin**. Pat the cod fillets dry with paper towels and cut in half crosswise; transfer to a bowl.

2



Cook the aromatics:

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

3



Add the cabbage:

Add the **cabbage** to the pan of aromatics; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until wilted. Transfer to a large bowl and set aside in a warm place. Wipe out the pan.

4



Coat & cook the cod:

Place the **flour** on a plate. Season the **halved cod** with salt and pepper; toss to coat. Coat 1 side of each piece of seasoned cod in the flour (tapping off any excess). In the pan used to cook the cabbage, heat 2 teaspoons of olive oil on medium-high until hot. Add the cod, coated sides down; cook 3 to 5 minutes on the first side, or until golden brown. Flip and cook 2 to 3 minutes, or until cooked through. Transfer to a plate.

5



Cook the noodles:

While the cod cooks, add the **noodles** to the pot of boiling water and cook 3 to 5 minutes, or until tender. Drain thoroughly and rinse under warm water to prevent the sticking. Transfer to the bowl of **cooked cabbage**.

6



Finish the noodles & plate your dish:

Add the **yuzu-soy sauce mixture** to the bowl of **cooked cabbage and noodles**. Toss to thoroughly combine; season with salt and pepper to taste. Divide the finished noodles and **cooked cod** between 2 dishes. Garnish with the **green tops of the scallions** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!