

Dukkah-Spiced Cod

with Warm Beet, Carrot & Arugula Salad

Perhaps the most incredible thing about dukkah—a popular blend of Egyptian seasonings—is its potential for variation. In this recipe, we're garnishing crispy cod with our take on dukkah, which includes cumin, coriander, crunchy sesame seeds and za'atar (itself a blend of Middle Eastern herbs and spices). These complex flavors are complemented by a warm salad of tender carrots and red beet, marinated with shallot and lemon juice for delicious brightness.



Blue Apron Wine Pairing

Die Fonteine Sauvignon Blanc 2015



Ingredients

2 Cod Fillets
3 Carrots
3 Cloves Garlic
2 Ounces Arugula
1 Lemon
½ Pound Red Beet

Knick Knacks

3 Tablespoons Rice Flour
2 Tablespoons Sliced Almonds
2 Tablespoons Butter
1 Shallot
1 Teaspoon Dukkah Spice Blend
(Za'atar, Ground Coriander, Ground Fennel, Ground Cumin & Black Sesame Seeds)

Makes: 2 servings | **Calories:** about 545 per serving
Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



For cooking tips & tablet view, visit blueapron.com/recipes/829

Recipe #829

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Peel the carrots; halve lengthwise, then cut into 2-inch-long pieces on an angle. Peel and mince the garlic. Using a peeler, remove the lemon rind, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel the shallot; mince to get 2 tablespoons (you may have extra). Place in a medium bowl with **the juice of all 4 lemon wedges**. Peel the beet; halve lengthwise, then slice into ½-inch-thick pieces.

2



Cook & marinate the beet:

Add the **beet** to the pot of boiling water and cook 18 to 20 minutes, or until tender when pierced with a fork. Drain thoroughly and transfer to the bowl with the **shallot-lemon juice mixture**. Toss to coat; season with salt and pepper to taste. Set aside to marinate for at least 5 minutes.

3



Cook the carrots:

While the beet cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots** and cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and slightly softened. Add ¼ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the carrots have softened and the water has cooked off; season with salt and pepper. Transfer to a plate. Wipe out the pan.

4



Coat & cook the cod:

While the beet continues to cook, place the **flour** on a 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 carrots, heat 2 teaspoons of olive oil on medium-high until hot. Add the fillets, coated sides down; cook 3 to 4 minutes per side, or until golden brown and cooked through. Transfer to a plate; immediately season with salt and pepper. Set aside in a warm place. Wipe out the pan.

5



Finish the salad:

In the same pan, melt the **butter** on medium-high until hot. Add the **garlic** and **almonds**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until lightly browned. Add the **marinated beet** (including the liquid), **cooked carrots** and **lemon zest**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until heated through. Remove from heat and add the **arugula**; stir until wilted. Season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished salad** and **cooked cod fillets** between 2 plates. Garnish with the **spice blend**. Enjoy!