

Seared Cod & Summer Succotash

with Fairy Tale Eggplant & Pickled Grapes

Creamy and petite (not to mention gorgeous), fairy tale eggplant shines in bountiful vegetable medleys—like our succotash, an irresistible dish with Native American roots. The varied tastes and textures of this succotash are a perfect match for mild, flaky cod. To top it all off, we're quickly "pickling" grapes with a bit of sugar and vinegar, an easy technique for enhancing the fruit's sweet, tart flavor.

Blue Apron Wine Pairings

Château Les Girards Bordeaux White, 2015
Ventana Vineyards Sauvignon Blanc, 2013



Ingredients

- 2 Cod Fillets
- 6 Ounces Green Beans
- 4 Ounces Red Grapes
- 2 Cloves Garlic
- 2 Scallions
- 2 Ounces Fairy Tale Eggplant
- 1 Ear of Corn
- 1 Plum Tomato

Knick Knacks

- 3 Tablespoons Rice Flour
- 2 Tablespoons White Wine Vinegar
- 1 Tablespoon Sugar

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

Prep Time: 15 minutes | **Cook Time:** 20–30 minutes

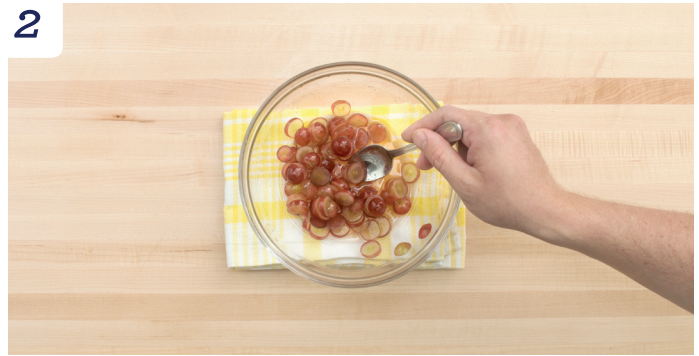
1



Prepare the ingredients:

Wash and dry the fresh produce. Remove and discard any stems from the grapes; thinly slice into rounds. Medium dice the eggplant. Peel and mince the garlic. Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops. Remove and discard the husks and silks of the corn. Cut the corn kernels off the cob; discard the cob. Snap off and discard the stem ends of the green beans; cut into 1/2-inch pieces. Core and small dice the tomato.

2



Pickle the grapes:

In a medium bowl, combine the **vinegar**, **sugar** and a **big pinch of salt**; stir until the sugar has dissolved. Add the **grapes** and stir to coat. Set aside to pickle, stirring occasionally, for at least 10 minutes.

3



Cook the eggplant:

While the grapes pickle, in a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **eggplant** and cook, stirring occasionally, 3 to 5 minutes, or until lightly browned and slightly softened; season with salt and pepper. Transfer to a plate. Wipe out the pan.

4



Make the succotash:

While the grapes continue to pickle, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic**, **white bottoms of the scallions**, **corn** and **green beans**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened and fragrant. Add the **tomato** and **cooked eggplant**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened; season with salt and pepper to taste. Transfer to a plate. Rinse and wipe out the pan.

5



Coat & cook the cod:

Place the **flour** on a plate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned fillets in the flour (tapping off any excess). In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated fillets and 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 paper towel-lined plate; immediately season with salt and pepper.

6



Plate your dish:

Divide the **succotash** and **cooked cod fillets** between 2 dishes. Garnish with the **green tops of the scallions**. Top the fillets with the **pickled grapes** and as much of the pickling liquid as you'd like. Enjoy!